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FEB 1 - 1941

Reserve

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

No. 451. January 2, 1941.

TO HOME-ECONOMICS EXTENSION WORKERS:

Herewith are given references to certain books and home economics literature that may be of interest to you. Before writing for further information about these references, please consult your librarian. Wishing you a happy New Year, I am

Sincerely,

Edith L Allen

Edith L. Allen
Assistant Home Economist.

Housing — THE INSULATION OF NEW AND OLD HOUSES. G. D. Mallory. (National Development Bureau, Ottawa, Canada, 1932, pp. 73.) This bulletin was put out by the Canadian Department of Interior in cooperation with the Dominion Fuel Board.

Housing — HUMIDITY IN HOUSE HEATING. THE CAUSE AND CONTROL OF AIR DRYNESS IN HOUSE HEATING. E. S. Martindale. (Natural Resources Intelligence Service, Ottawa, Canada, 1929, pp. 38.) This bulletin issued by the Canadian Department of Interior in cooperation with the Dominion Fuel Board, discusses insulation of old and new houses.

Housing — HERE'S A HOME THAT BRINGS CONTENTMENT WITH FARMING AS A WAY OF LIFE. Ethel Morrison Marsden. (Successful Farming. Vol. 38, No. 11, November 1940, pp. 14-15, 52-43.) This article, with floor plans and interior and exterior views, describes a model farm home built recently in the Middle West. It gives a detailed description of the arrangement and furnishing, and certain details of construction which have contributed toward making this a most satisfactory home.

Housing — DO BETTER HOMES NEED DINING ROOMS? Ruth Allison. (Better Homes & Gardens. Vol. 18, No. 7, March 1940, pp. 66.) This article is in defense of dining rooms, which have been condemned on the ground that they are not used so many hours as some other rooms. It is the only place where the whole family is likely to gather as a unit, with one mind.

Health

HOOKWORM DISEASE. Leon Jacobs. (The American Journal of Nursing. Vol. 40, No. 11, November 1940, pp. 1191-1196.) This article gives the history of the hookworm disease and then gives detailed description of the worm and pathological conditions resulting from it. It also describes environmental factors and habits of the people which lead to hookworm infection. No matter how picturesque the barefoot boy may be, warning is given against the school child's playing in his bare feet in the schoolyard with his friends, as this is one of the places where he may most readily pick up infection. Wherever sanitary privies are in use, the danger of hookworm infection is greatly reduced.

Health

NURSING CARE IN HOOKWORM DISEASE. Helen L. Rogers. (The American Journal of Nursing. Vol. 40, No. 11, November 1940. pp. 1197-1200.) This article tells how to treat and nurse patients infected with hookworm disease. It concludes by saying that simple health principles should be stressed, visual teaching aids should be shown to the patient, the washing of hands before eating, and the necessity for proper disposal of excretia are important topics for bedside and clinic discussion. While such teaching is being given, mention should be made of the importance of brushing the teeth, regular habits of eating, sleeping, bathing, and the importance of screens on windows and the eradication of flies.

Health

IT IS YOUR LIFE. KEEP HEALTHY, STAY YOUNG, LIVE LONG. Max Meyer Rosenberg. (The Scholastic Book Press, New York. 1940, pp. xxiii + 438.) In this book are presented many rules for keeping well and avoiding contagion. The author stresses keeping the hands clean by saying you cannot wash your hands often enough. Always refuse to be served food by people with black rims under their fingernails. Instructions are given on the care of the nails. The book condemns the use of paint and polish, except for special occasions, as it claims that this damages nails. It also discusses such articles as high-priced creams for which special claims are made, and other beauty products. One part discusses clothing in relation to health and says that too heavy clothing may be the cause of frequent colds, especially during summer. Tight, stiff collars and tight belts are also detrimental to health.

Health

MICROBES IN A CHANGING WORLD. (Selman A. Waksman. (Scientific Monthly. Vol. 51, No. 5, pp. 422-427, November 1940.) This article discusses our advances in microbe biology and important changes in the attitude of scientific workers and laymen toward this subject. It then points out that through his struggle for existence man has domesticated and learned to utilize the activity of many microbes, such as lactic-acid bacteria, and more recently has increased the number that have been domesticated. Among these are organisims producing citric acid, butyl alcohol, and acetone fermenting, legume bacteria, etc.

Handicraft

THINGS A GIRL CAN MAKE FOR THE HOME. Lule W. Gillum and Mary Anna Lawrence. (Gillum Book Co., 4801 Independence Avenue, Kansas City, Mo., 1939, pp. 77.) This book tells what can be made from tin cans, colored paper, cardboard cartons, orange crates, prune boxes, packing boxes, berry boxes, small paper boxes, wooden spools, broomsticks, and numerous other waste products.

Handicraft

HOMESPUN AND BLUE. A STUDY OF AMERICAN CREWEL EMBROIDERY. Martha (Genung) Stearns. (Charles Scribner's Sons, New York, 1940, ix + 96.) With a few illustrations of the best pieces this book gives the historical background of needlework before Colonial times and in a number of periods following that period.

Handicrafts

SILHOUETTES AND SCISSOR-CUTTING. Hubert Leslie. (John Lane; The Bodley Head, London, 1939, pp. 79.) This little book with illustrations explains how to make silhouettes, especially the kind cut out with scissors. It also gives some suggestions for the use of such decorative work. Silhouette cutting is a sound foundation for all sorts of drawing and designing.

Handicraft

MAKE YOUR OWN CHRISTMAS TREE TRIMS. (Wisconsin Agriculturist and Farmer. Vol. 67, No. 22, November 2, 1940, pp. 15.) This short article with illustrations gives specific instructions for making 10 different Christmas-tree decorations.

Handicrafts

NEW INDUSTRIAL FRONT IN CHINA IS BLENDED WITH ANCIENT SKILLS. M. D. C. Crawford. (Women's Wear Daily. Vol. 61, No. 96, November 14, 1940, pp. 9, 33.) This article explains the reasons why through crafts the Chinese have been helped in maintaining their civilization in spite of all attempts to conquer them. It says that China lives again in her thousand skills, her patient industry, and her great memories. It then tells how she utilizes all sorts of wools, woods, and the like, in developing handicrafts. She is producing publications to describe her technologies.

Handicraft.

MOUNTAIN LIFE AND WORK. (Mountain Life and Work, Berea, Ky. Vol. 16, No. 3, Fall 1940, pp. 1-9.) This article stresses the psychological and social values of handicrafts. It says that because of their interests in common, pioneer communities are bound by loyalties of love and labor, and by the interdependence which weaves each one into a friendly relationship with the others. When they work and sing together to the rhythm of the loom or other device, people have greater belief in one another. It says that "made by hand" means that somebody skillfully fashioned wool into a blanket, or silver into a bracelet, for market, for a child, a home, a girl, or another purpose.

Foods and Nutrition

INSTITUTION RECIPES. Standardized Large Quantities. Emma Smedley. (Emma Smedley, 6 East Front Street, Media, Pa., 1940, xvii + 360.) The sixth edition of this book. The author says that the justifications for putting out this edition are the requests that are still coming for it. New recipes and new chapters have been added. The food value of each recipe is given and a menu provided for three meals a day for a 10-day period, showing caloric value per meal and per day. There are also menus for special occasions and for the school cafeteria.

Foods and Nutrition

WHAT'S IN A CAN OF STRING BEANS OR CORN? (Consumer's Digest. Vol. 8, No. 1, July 1940, pp. 7-10.) This article names the four Government grades, A, B, C, and Substandard for canned foods. It says that when the experts grade string beans the factors to be considered are: (1) Clearness of liquid, 10 points; (2) uniformity of color, 10 points; (3) uniformity of size, 10 points; (4) absence of defects, 15 points; (5) maturity, 35 points; (6) flavor, 20 points. A table gives the grades of string beans of different brands; another table, the same for corn. The score card given for grading canned corn is quite similar to that for string beans.

Food and Nutrition

VEGETARIANISM. (Medical Record. Vol. 152, No. 8, October 16, 1940, pp. 272.) This brief item says, in part, that to argue that meat is a necessity is an exxageration. It is a pleasant change but does not supply the essentials of a healthy diet as well as the soybean, for example. It then goes on to explain what vegetables were eaten by some of the vegetarian pioneers a hundred years ago. It says also that hard drinking is no longer in vogue as it once was, nor is gross eating.

Food and Nutrition

ROAST BEEF BROUGHT UP TO DATE. Candace A. Hurley. (Agricultural Leaders' Digest. Vol. 21, No. 5, July 1940, pp. 16-18.) This article tells how in extension work the cooking and preservation of meat is being taught. Some recipes and directions are given.

Foods and Nutrition

PRESERVED FOODS DESERVE GOOD STORAGE SPACE. Miriam Birdseye. (Agricultural Leaders' Digest. Vol. 21, No. 5, July 1940, pp. 14.) This article says that in storing canned foods it is becoming the custom to group and label them according to their nutritive value so that nay member of the family can select the foods needed to balance the day's meals. The shelves should contain foods such as tomatoes, leafy and green vegetables in one group, and starchy vegetables in another.

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

FEB 1 - 1941

No. 452 January 8, 1941.

TO HOME-ECONOMICS EXTENSION WORKERS:

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Sincerely,

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Edith L. Allen,
Assistant Home Economist.

Food and Nutrition

VITAMINS FOR WAR. (The Journal of the American Medical Association. Vol. 115, No. 14, Oct. 5, 1940, pp. 1198.) This editorial tells how England is reinforcing its food supply and maintaining the health and courage of its people by the addition of vitamins to flour and other foods. It says in part that the Stiebeling report of the Department of Agriculture, reveals a large proportion of poor diets in peaceful America in spite of its bursting granaries and troublesome problems of overproduction. These diets were found poor in vitamin A, B, and C, and in calcium. Part of the difficulty was due to lack of purchasing power, but to a large extent diets are poor because of lack of skill in getting good food values for food expenditures. In some of these diets, both in America and England, white flour and sugar provide 50 percent of the calories. This makes impossible the getting of a succicient supply of minerals and vitamin B, except by an expert dietitian.

Food and Nutrition

FUNDAMENTALS OF NUTRITION. Estelle E. Hawley and Esther E. Maurer-Mast. Including Table of 100 - Calorie Portions by Estelle E. Hawley, Esther E. Maurer, and Herbert F. Van Epps (The Department of Vital Economics, University of Rochester); Discussions of the Dietary Management in Specific Conditions. (Charles C. Thomas, 1940, ix + 477.) This book contains chapters on metabolism; fundamentals of nutrition in which the various classifications of food such as proteins, fats, and carbohydrates, accessory factors, vitamins and minerals, and balanced factors are considered; calculation of energy requirement; the normal diet; and low-cost meals. The remainder of the book is given over to a discussion of diet therapy.

The Child

IS SPANKING NECESSARY? Sidonie M. Gruenberg. (National Parent-Teacher. Vol. 35, No. 2, October 1940, pp. 11-13.) The author says that the objection to spanking as a general device concerns the parent, or other adult who may be involved, quite as much as the child, since it often is an outlet for the adult's feelings and saves the trouble of thinking. If we are concerned with the child's own development and with his learning rights and wrongs and to live with other people, to be considerate, and to conform to the needs of a larger group, then the spanking may teach something quite other than we intended. She says that, usually, spanking as a method of training is so spontaneous and immediate that most children accept it as in the nature of things if they are not too frequent or too severe, for often to the child they appear quite reasonable. However there is a danger of leaving his relations with his elders on a rather childish level. The author advises seeking other means of control, if possible.

The Child

COMMON-SENSE CHILD PSYCHOLOGY. K. F. Brodrick. (Sir Isaac Pitman & Sons, Ltd., London, 1938, pp. 86.) This book discusses the mother and child, the father and child, the child's first impressions, obedience, habit formation, and similar topics. It is written in an elementary style and could be put into the hands of persons with little background.

The Child

A STUDY OF THE TREND OF WEIGHT IN WHITE SCHOOL CHILDREN FROM 1933 to 1936. MATERIAL BASED ON THE EXAMINATIONS OF PUPILS OF THE ELEMENTARY SCHOOLS IN HAGERSTOWN, MARYLAND. Georg Wolff. (Child Development. Vol. 11, No. 3, September 1940, pp. 159-180.) This investigation was compared with that of studies made of children in Berlin. To weigh the child, its shoes, vests, sweaters, or coats were removed but regular indoor clothing was retained. Tables give weights of children of different ages on successive calendar years. The children were from 6 to 16 years old. The conclusions reached are that the body weight is a highly variable element in growth, since it depends on a series of constitutional and environmental characteristics, but it is an index to periods of physical deterioration. Carrying on of this investigation further is suggested.

Clothing and Textiles

SILK AND ITS USES IN DEFENSE NEEDS. Irene L. Blunt. (Cotton. Vol. 104, No. 10, October 1940, pp. 91-92.) This article discusses the important place that certain fibers hold in defense and says that the fabrics already in common use are sufficient at present so that there is not the same need of substitutes that there was in 1916-17. It says that rayon and wool combinations are being made for men's and women's coatings in former silk mills where the expert weavers have had experience that makes possible the construction of new fabrics which are a great asset in defense. It then tells some of the things in which silk proves superior to other fabrics, one use being that, when burned, it leaves no ash to cause backfire, and therefore is most important in the firing of big guns where textiles are used to hold powder, and for like purposes. Other fabrics have been tried but have proved dangerous. Also, silk is important in makeing parachutes, as to date no other fabric has been sufficiently proved to insure its service for this purpose.

Clothing and Textiles

TEXT OF WOOL PRODUCTS LABELING ACT IS ISSUED. (Women's Wear Daily. Vol. 61, No. 82, October 24, 1940, pp. 8, 30.) This article gives the text of the Wool Products Labeling Act. The terms used are defined, and it explains what is "misbranding," as declared unlawful under the Act, and how the stamp label should be affixed to the article to be sold. The article also outlines condemnation and injunction proceedings, tells how misbranded wool products are excluded from the market, and describes the penalties to be enforced.

Clothing and Textiles

UNRETTED FLAX. Some Processing Problems. By Flaxman. (Textile Recorder, Vol. LXI, No. 690, September 1940, pp. 24.) Past failure in processing of unretted flax straw has been due to ignorance of the special requirements and characteristics of this material. In the following article a brief outline is given of modern practice in the production and processing of flax straw. This new process when used in harvesting flax straw and preparing it for fiber avoids the laborious work of retting it, and makes practical its extended production in the United States.

Clothing and Textiles

PATTERN AND COSTUME DESIGNING. Designing with foundation patterns, designing and planning clothes. (The Woman's Institute of Domestic Arts and Sciences, a division of the International Correspondence Schools, Scranton, Pa. 1940, pp. vi + 102.) A textbook on the subject of designing with foundation patterns and the planning of clothes. Diagrans show various steps in working out patterns for costume designs.

Housing — SENSATION OF WARMTH AS AFFECTED BY THE COLOR OF THE ENVIRONMENT. F. C. Houghton, H. T. Olson, John Suciu, Jr. (Heating, Piping, and Air Conditioning. Vol. 12, No. 11, November 1940, pp. 678-681.) A report of a study of the effect of the color of the environment on the warmth of persons occupying a room. Conclusions reached are that there is no correlation between the feeling of warmth and the color of the environment within the degree of comfort tolerance of the subjects. The author doubts that there is sufficient interest to warrant continued study of this subject but says that if a further program were to be carried on it should be organized to obtain data of special interest to the air-conditioning engineer, the illuminating engineer, the color or paint expert, and the psychologist; and the number of tests necessary must be sufficient to allow for statistical handling of the results in order to bring somewhat different reactions if such exist.

Housing — THE MODERN HOUSE IN AMERICA. (James Ford and Katherine Morrow Ford. 1940. pp. 1-134.) The contents of this book are: What is modern; Periods in architecture; Their sociological basis; Contemporary revolt from traditional architecture; Economic genesis; Effects of invention; Change in modes of living; Modern architecture accepts the challenge; International "style" a misnomer; Honest use of materials; Serviceability; Standards of the new architecture; Family analysis; Location analysis; Geographical distribution; and Leadership.

Housing — A STUDY OF THE FIRE RESISTANCE OF BUILDING MATERIALS. Harry D. Foster. (College of Engineering, The Ohio State University, Columbus, Ohio, Eng. Expt. Bul. No. 104, pp. 58.) A brief report of studies being made on resistance of walls to fire. The first part discusses conditions under which tests were made and the procedure followed. The report of results says that a wall that is satisfactory for fire resistance should be able to withstand that fire exposure under such unusual conditions of service without collapsing. When a fire-resistance period of 2 hours is required from a clay-tile partition, the wall would probably have to be 8 inches thick and have three cells through the thickness unless it is plastered. A wall of gypsum block of 3- or 4-inch thickness will usually give a 2-hour resistance period, but this wall will gradually calcine and gradually weaken on the side that is exposed to the fire. None of the walls showed indication of failure from water application.

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

FEB 20 1941

No. 453 January 15, 1941.

TO HOME-ECONOMICS EXTENSION WORKERS:

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Sincerely,

Edith L. Allen

Edith L. Allen
Assistant Home Economist.

Handicraft

THE SHEPHERD PIPE. Thomas Cory. (The Journal of the National Education Association of the United States. Vol. 29, No. 6, September 1940, pp. 180.) This article discusses the advantages and the possibilities of pipes for playing music and tells how to make and use them.

Handicraft

HOME CARPENTRY. Edwin T. Hamilton. (Dodd, Mead & Co., New York City, 1940, pp. xvii + 466, illus.) This book is designed for a textbook in manual training. It explains about hand tools and how to use them, selection of wood and the kinds of wood, joinery, and the like. It gives considerable space to finishes and finishing of woodwork. It also tells how to make a number of articles for the workshop, the basement, the kitchen, the dining room, living room, bathroom, and bedroom.

Handicraft

LEAF PRINTS FOR ART AND SCIENCE. Hazel Seguin. (School Arts. Vol. 40, No. 2, October 1940, pp. 60, illus.) This brief article, with several illustrations besides a full-page spread, shows how to make prints from leaves by means of spatterwork, veining, blueprints, and a number of other methods.

Handicraft

BOY'S HOBBY CREATES PUBBET OPERA. (Popular Science Monthly. Vol. 136, No. 4. April 1940, pp. 84-88.) This article explains how puppets and other stage settings were made and how the opera was conducted.

Handicraft

CELLULOID ETCHING. Albert Kosloff. (Albert Kosloff, Waller High School, Chicago, Ill., 1940, pp. 31, illus.) This book explains in detail the steps in etching a celluloid plate for making prints.

The Child — CAN ADULTS EVER REALLY UNDERSTAND CHILDREN? George Lawton. (Childhood Education, Vol. 16, No. 8, April 1940, pp. 341-346.) This article says that those who understand children are those who are able to relive with them the thoughts and feelings of childhood, and who have themselves become emotionally mature. In such a situation they can strike a happy balance between tenderness and discipline in their guidance. They are able to liberate the child from his excessive attachment to them and from his dependence on their standards and goals so that he can form his own. In this way parents may assist in the creation of a free, self-reliant human being.

The Child — THE SOCIOLOGY OF CHILDHOOD. Francis J. Brown. (Prentice-Hall, Inc., New York, 1939, pp. xxiii + 498.) This books presents the sociology of the normal child and does not treat particularly of adult society. The author says that "a careful analysis of social processes during the early years is basic to our understanding of much of the behavior of adolescent and adult life. If we can unravel the threads of social organization in childhood, we shall formulate, at least in broad outline, a basis for social control." Some of these chapters are: The child, past and present, Four normal children, in which their social life is described in detail and causes for their maladjustment in spite of the fact that they are normal. The book also takes up questions of the child and his family group, play group, school, leisure, relation to the State, and religion. In the appendix are lists of selected magazines for parents, children, representative organizations conducting research in child development, and representative organizations serving children and young people.

The Child — THE FIRST FIVE YEARS OF LIFE. Arnold Gesell, Henry M. Halverson, Helen Thompson, Frances L. Ilg, Burton M. Castner, Louise Bates Ames, Catherine S. Amatruda. (Harper and Brothers, New York, 1940, viii + 393.) The preface says that it is now 15 years since the predecessor to this volume was published under the title of Mental Growth of the Preschool Child. It also adds that much new data had been gathered in the interim, and that educators have a much broader understanding of the nature and needs of the child. The present volume is written in a conservative spirit and aims to broaden the approach on problems of early psychological development. The subject matter in this volume is concrete and is addressed to students and laity, as well as to readers whose interest may be more technical. Chapters include: The Nature of Mental Growth; The First Five Years of Life; Motor Development; Adaptive Behavior; and Personal Social Behavior. The philosophy of developmental examinations and how to conduct them are also explained.

Equipment

ELECTRIC REFRIGERATORS FOR 1940. (Consumers' Digest. Vol. 8, No. 1, July 1940, pp. 23-29.) A discussion of electric refrigerators of 1940, which says that improvements made in refrigerators during the last 13 years have tended constantly toward increased economy and reliability of operation. Initial prices and operating costs of the better makes of refrigerators have been reduced 50 percent and better since 1927. The accessories which now add to the price of refrigerators include such things as a chiller tray, glass water bottle, vegetable crisper, window-front meat-keeper, seven-piece pottery set for water and leftovers. These are found in models costing 40 to 50 dollars more and performing no better than the refrigerators without them.

Equipment

PLAN YOUR OWN HOME. Mrs. Louise Pinkney Sooy and Virginia Woodbridge. (Stanford University Press, Stanford University, California, 1940, 228 pp., illus.) A book on home furnishing. It gives some general philosophy regarding homemaking and home furnishing, and then takes up various color schemes and themes for decoration, giving a list of possible terms that might be applied to them, such as "bold, colorful, dashing, placid, stately." It then tells how to analyze the site of the home to be decorated and takes up landscape gardening and the furnishing of rooms.

Equipment

SOME EFFECTS OF ILLUMINATION ON READING-EFFICIENCY. Matthew Luckiesh and Frank K. Moss. (Illuminating Engineering. Vol. 35, No. 8, September 1940, pp. 703-707.) A report of research on the effects of illumination on reading ability or efficiency. It is now known that illumination affects the rate of reading and processes by which the eye falls along the line. The conclusion reached is that 100 footcandles is the moderate level of illumination for near vision in the "work world."

Equipment

BUYING FURNITURE IS A PROBLEM. (Consumers' Digest. Vol. 7, No. 4, April 1940, pp. 27-31.) A condensation of articles referred to in previous issues on problems of buying furniture. This particular article deals with upholstered furniture. It says regarding filler materials in upholstering that sometimes hoghair is combined with horsehair in order to advertise an all-hair filler. Hoghair is short and does not have the spring and resilience of the long, curled hair from horse tails, cattle tails, or horse manes. Moss may well be considered next in choice after these long hairs.

Personal

PREDICTING SUCCESS OR FAILURE IN MARRIAGE. Ernest W. Burgess and Leonard S. Cottrell, Jr. (Prentice-Hall, Inc., New York. 1939. xxiii + 472 pp.) The preface of this book says that marriage in the past was regulated by custom and tradition and the young couple followed the paternal pattern. Today it is less and less influenced by the community and has entered upon a precarious existence with its future dependent more than ever before upon the affection, temperament, and compatibility, and the common objectives of husband and wife. The purpose of this book is to explain these relationships and report studies made with the use of questionnaires on factors that influence marital relationships. Happiness in the successful marriage, the social characteristics of the couples involved, and many other factors are studied. Among these the effect of home ownership is reported, for example. It was found in this connection that the stability of marriage was strengthened by home ownership and plans for home ownership. During the period when the home is being purchased, there may be some strain due to the worry of meeting payments, so that marriage stability is not so high in this period of life as when the house is completely owned or when the young couple is planning merely to acquire a home. The longer a couple lives in one community, the more stable is their marital relationship. This stability is probable due to the fact that they become members of organizations and institutions of the community and in so doing their conduct is controlled more and more by the attitudes and opinions of neighbors.

Personal

FIELDS OF PSYCHOLOGY. Edited by J. P. Guilford with others. (D. Van Nostrand Co., Inc., 250 Fourth Avenue, New York, 1940, pp. x + 695.) This book is a general text on psychology and reviews animal psychology, child psychology, various concepts and methods of psychology, the psychology of the crowd and of nationalism. It also takes up various phases of abnormal psychology, individual differences, major group differences, educational psychology, and maintaining fitness at work. Under professional psychology, it discusses college and professional personnel, contributions to the professions, legal psychology, and consumer psychology.

Personal

THE ART OF UNDERSTANDING. Harry J. Baker. (The Christopher Publishing House. Boston. 1940. 400 pp.) This book is dedicated to every individual who earnestly seeks for better mastery of the art of understanding. It attempts to explain the emotions, feelings and attitudes which have developed in an individual since childhood, and which govern and control many of our adult ideas and activities. Some chapter headings are: Mental Mechanisms, which explains kinds of mental disorders and illnesses, and usual and unusual behavior; Character and Personality; Patterns and Conflicts; Habits and Health; Friends and Associates; Work and Play; and Home and Parents.

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

No. 454. January 22, 1941

TO HOME-ECONOMICS EXTENSION WORKERS:

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Sincerely,

Edith L. Allen

Edith L. Allen
Assistant Home Economist.

Home Economics Education — TWENTY-SECOND ANNUAL SOUTHERN REGIONAL CONFERENCE OF HOME ECONOMICS EDUCATION. (Federal Security Agency, U. S. Office of Education Vocational Division, Washington, D. C., April 8-12, 1940. Processed. Misc. 2397, pp. 45.) This publication takes up the socio-economic problems of the rural South and some of the implications of these for home economics leaders. It also presents a 10-year balanced farm-family-living program for this area. It includes reports of committees on the evaluation in home economics, home economics in the total educational program at various levels, and the relation of home economics to the home and family living program of schools of various levels.

Home Economics Education — TENTH ANNUAL CURRICULUM CONFERENCE AT GEORGE PEABODY COLLEGE. (School and Society. Vol. 52, No. 1345, October 5, 1940, pp. 307-309.) A report of a conference at George Peabody College, in which community life and the curriculum was discussed. Statements made by many of the participants are included, one statement being that if the Athenians could, 2,500 years ago, produce a nonmaterial culture which has been unsurpassed and scarcely equalled, it should be possible for the variety of people of America in the years to come at least to approximate such an achievement provided that we can collectively state the new purposes and preserve the democratic techniques of cooperative action. M. B. Smith said that the great problem is the development of intelligent leadership in the communities, which will cause the residents to shoulder the tasks of community improvement themselves for community betterment. It must come from a desire on the part of the people themselves to bring about the improvement. Such a program cannot work from the top down, such as from the Federal Government to the State, to the county, and then to the population of the community.

Textiles and Clothing — SOME RECENT FIBER-LATEX DEVELOPMENTS. M. C. Teague. (American Dyestuff Reporter. Vol. 29, No. 17, August 19, 1940, pp. 422-427.) This article tells how latex is being developed for a wide number of uses in the home. It describes how pliant fibers are impregnated with rubber and made into mattresses. It is used in automobile fabrics, blankets, flannels, suiting, socks, and in underwear. The purpose of using rubber in some of these articles is to prevent the wool from which they are made from shrinking.

Textiles and Clothing — DESIGN, THAT GREAT LEVELER, KNOWS NO BOUNDARIES. (Women's Wear Daily. Vol. 61, No. 108, December 3, 1940, pp. 10, illus. This page of illustrations, with diagrams and a brief explanation, gives a comparison between ancient Chinese and Greek costumes.

Textiles and Clothing — TEXTILE STARCHES. Willard L. Morgan. (American Dyestuff Reporter. Vol. 29, No. 20, September 30, 1940, pp. 494-496.) This article discusses the many types of starches both in natural and modified form that are being used in the manufacture of textile starches. It explains why some starches have better penetration than others.

Textiles and Clothing — SITUATION IN LACE MAKING. (Fibre and Fabric. Vol. 93, No. 2897, August 10, 1940, pp. 5.) This brief item, in discussing the situation in lace making, says that though manufacturers are well supplied with cotton, rayon, or silk yarns they are not well supplied with skilled workers in England. This has been due to the fact that little attention has been paid to teaching young workers. It points out the fact that this shortage may open opportunities in America for those interested in this field.

Textiles and Clothing — BIBLIOGRAPHY OF FLAMEPROOFING OR TEXTILES. Emily Williams Akin, Prof. Lilly H. Spencer, and Dr. A. R. Macormac. (American Dyestuff Reporter. Vol. 29, No. 17, August 19, 1940, pp. 418-420.) A bibliography of 45 references to articles on fireproofing of textiles. It is to be continued in a later number.

Textiles and Clothing — BIBLIOGRAPHY OF FLAMEPROOFING OF TEXTILES. Emily Williams Akin, Prof. Lilly H. Spencer, and Dr. A. R. Macormac. (American Dyestuff Reporter. Vol. 29, No. 18, September 2, 1940, pp. 445-451.) This article is a continuation of the bibliography mentioned above in which references were given relating to flameproofing textiles. The total number of items in the two numbers is 208.

Health

FAT AS A FACTOR IN THE HEALING OF RICKETS WITH VITAMIN D. Arthur Knudson and Robert J. Floody. (The Journal of Nutrition. Vol. 20, No. 4, October 1940, pp. 317-325.) A report of research carried on at Albany Medical College. It points out that fatty acids have an antirachitic action in the presence of small amounts of vitamin D. One of the conclusions reached was that 5 percent of the fat in the liquid diet produces a much better healing with a known amount of vitamin D than does a diet with 10 to 20 percent of fat. This was also better than when there was no fat in the diet. Replacement of all calcium carbonate in this type of diet by an equivalent amount of calcium in the form of an oleate or stearate gives a better healing result.

Health

THE DETERMINATION OF PHYSICAL FITNESS. Henry H. Kessler. (The Journal of the American Medical Association. Vol. 115, No. 19, November 9, 1940, pp. 1591-1594.) This article discusses ways and means of determining the physical fitness of individuals. It says that at least 30 percent of those who have volunteered for military service have been rejected in the New York area because of bad teeth, poor vision, flat feet, bad hearing, or general debility. Physical fitness is defined here as a state of being in which the individual is free from symptoms and gross physical defects, has the ability to withstand physical effort and strain, and has the capacity to work. It says also that no matter what attempts are made to evaluate standards for physical fitness, these are generally complicated by social judgments. For example the term "normal" implies a personal judgment. It represents a series of physical and psychologic traits, the evaluation of which is influenced by social prejudices and attitudes. The article then takes up problems regarding the substandard or physically unfit individuals, safety factors, aptitudes, and other qualifications or disqualifications.

Health

PUBLIC HEALTH REPORTS. (U. S. Public Health Reports, U. S. Public Health Service, Washington, D. C. Vol. 55, No. 45, November 8, 1940, pp. 2041-2098.) This report on health includes in its second part information on home accidents as recorded in the national health survey. Among 2,500 white and colored persons and over 700,000 families which were surveyed, the frequency rate of home accidents for females was 1.4 times that for males, being 5.45 per 1,000 persons for the female and 3.78 for the males. From infancy to the age of 25 more home accidents which were disabling for 1 week or more occurred among males than among females, but after the age of 25, the reverse was true. More than than 23,000 deaths occur annually as a result of accidents in the home. That is nearly 2 percent of all the deaths in the United States, and 23 percent of the accidental deaths which occurred in all places.

Child Care

LISTEN, DEAR PARENTS! Eugene A. Conklin. (Hygeia. Vol. 18, No. 11, November 1940, pp. 1022-1024. This article asks parents how they rate with their sons, lists 10 characteristics which teen-age boys want their parents to possess, and asks them to give themselves 10 points for every one they honestly feel they possess, and then add up the score. It says that a score of 80 will mean that parents fill the bill fairly well, while 60 is just average, but below 60, they should be very careful. It then lists certain points to be considered, the first of which is consistency. The list also includes table manners, tact, a sense of humor, intuition, loyalty, self-confidence. Regarding this latter the article says that when Dad is out of work, or mother's housework gets them down, children are left with the feeling that it may be easier to make excuses than to face reality; once the parents let children feel they cannot handle their own problems, the children are licked. It also discusses generosity on the part of parents, stating that being generous with magazines, paper, the time you spend in talking with your children, the amount of attention you give to their troubles and worries, and time taken in taking them out for a ride or walk are the youth's impression of generosity.

Child Care

THE FIRST FIVE YEARS OF LIFE. Arnold Gessell. (The Journal of the National Education Association of the United States. Vol. 29, No. 8, November 1940, 231-232.) This article describes the progress that children should make in physical and mental development from birth to the age of 5 years.

Child Care

IF CHILDREN WORRY. Temple Burling. (Parents' Magazine, August 1940, pp. 18-19, 77.) This article discusses many things which children worry about, such as robbers, kidnappers, mother's working too hard, spoiling new clothes, fear that they will never get married, or might choke to death, or that the house might burn down. It then points out some of the causes for such anxiety and ways and means of remedying the situation.

Child Care

AND NOW THE SCHOOL BOY. Herman M. Jahr. (Hygeia. Vol. 18, No. 10, October 1940, pp. 892-894, 930-931.) This article discusses some of the help and training necessary to fit a child for school activities. It says that the three main factors that influence a child's welfare in school are his physical and mental endowment, his social ability, and his domestic security.

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

No. 455. January 29, 1941.

TO HOME-ECONOMICS EXTENSION WORKERS:

Herewith are given references to certain books and home-economics literature that may be of interest to you. Before writing for further information about these references, please consult your librarian.

Sincerely,

Edith L. Allen

Edith L. Allen,
Assistant Home Economist.

Social — "CAN THEY TAKE IT?" S. H. Karnes. (Parents' Magazine. Vol. XV, No. 10, October 1940, pp. 15, 42.) This article discusses the difficulties of the human being troubled with the problem of frustration. It says that some philosophers maintain that one cannot be happy unless one's desires are limited to a point where they may be easily satisfied. But this author believes that the problem is much more fundamental than that. He explains his reasons for this opinion and concludes by saying, "Teach yourself and your child to face the facts of failure and frustrations squarely." He advises people to try to understand the reasons for their defects and to refuse to become emotional or upset by them. The best thing is to make new plans for achieving aims, making sure that accomplishment is possible for one of your personality or ability.

Social — TRANSIENCY AS A CULTURAL PATTERN. Theodore Caplow. (The American Sociology Review. Vol. 5, No. 5, October 1940, pp. 731-739.) This article dealing with transiency as a cultural pattern says that vagrancy as a mass phenomenon always arises in a period of rapid change and social disintegration. However, it may persist after the implementing conditions have disappeared. Much of the effort of authorities to suppress this class has been in the form of keeping the individuals from starvation. This sets up a dual problem between repression and relief. This article mentions the fact that although we had a great transient problem among very young people a number of years ago there is almost no problem now. The child tramp as a type has disappeared, for in a recent survey only one individual under 18 was encountered. It also says that the old man tramp is not much more typical. In fact, the majority of transients today are between the ages of 20 and 35 years.

Equipment

PROBLEM CHILDREN OF THE FAMILY WASH. (The American Home. Vol. 24, No. 5, October 1940, pp. 106-108, illus.) This article, with illustrations showing various steps, explains how to wash white satin blouses, sweaters, lace collars, woolen jackets, chenille robes, printed silk or rayon dresses, corduroy, gloves, velvet cushions, and velour.

Equipment

WIRING FOR ELECTRIC SERVICE. (Progressive Farmer and Southern Ruralist, Birmingham, Ala. Vol. 55, No. 12, December 1940, 29 pp.) This story with a diagram of a house shows how to arrange electric outlets that will be convenient and economical to install. It says that the cost of wiring usually is estimated by the number of outlets. This cost is seldom over $2 for each opening, and often is less.

Equipment

PROGRESS TOWARDS CERTIFICATION OF RESIDENTIAL LIGHTING FIXTURES IS BEING MADE IN ACCORD WITH A.L.E.A. PROGRAM. (Lighting and Lamps. 114 E 32d Street, New York, N. Y., Vol. 38, No. 3, September 1940, pp. 1-49.) Discusses modern better-lighting equipment, particularly, fluorescent lights and their use in the home. The recommended practice in the construction and illumination performance of residential luminaries, it says, has been revised.

Equipment

THE COAL IN YOUR BIN. INFORMATION FOR CONSUMERS, STUDY UNIT II B. (C-214, U. S. Dept. of The Interior, Office of the Solicitor, Consumers' Counsel Division, Washington, D. C., August 1, 1940, p. 25 Processed.) This circular consists of a series of articles for the consumer of coal. The titles of these articles are: Buying and burning bituminous coal; Study material on bituminous coal; Unit 11A, marketing, conservation and purchasing, information for consumers.

Equipment

DO IT YOURSELF. Claude H. Miller. (New England Homestead, Springfield, Mass. Vol. 113, No. 23, November 16, 1940, pp. 20.) The author of this article tells how to repolish old furniture, and emphasizes the importance of much elbow grease. He says if you want to get the old-time finish, rubbing is necessary, because the patina so much admired on antiques came about by the repeated dusting and rubbing which they had over many years while in use.

Equipment

THE RELATION OF THE FURNITURE OF THE ROMAN EMPIRE TO THE PERIODS THAT FOLLOWED. August E. Epifania. (Industrial Arts and Vocational Education. Vol. 29, No. 8, October 1940, pp. 321-322.) This article, as the title indicates, explains the influence of a previous period on furniture that followed in later periods.

Food and Nutrition

FOOD INDUSTRIES MANUAL. (Chemical Publishing Co. Inc., New York, 1940, pp. 232, iii-lxxix.) Part of this book is given over to reporting chemical composition of foodstuffs on the market and to specifications regarding them. It also contains a bibliography, including such subjects as dietetics, disinfectants and insecticides, dyeing and bleaching, color manufacture, and canning. A revision of this book is issued annually.

Food and Nutrition

DO WE WANT GRADE LABELS ON CANNED FOODS? (Bulletin of the American Home Economics Association, November 1940, Series 23, No. 2, pp. 9.) This article discusses the problem of grade labeling for canned fruits and vegetables, using the designations A, B, and C. It mentions two kinds of grade labels. The inspection service is available to canners from the Agricultural Marketing Service of the Department of Agriculture. When food is inspected by this agency, the letters "U. S." are added to the grade symbol.

Foods and Nutrition

ATTAINABLE LEVELS OF LIVING, THEIR RELATION TO PRICE LEVELS AND FAMILY INCOME. Eleanor L. Ritchie. (Federal Security Agency, U. S. Office of Education, Vocational Division, Washington, D. C., Misc. 2230-5, pp. 67.) A report of certain selected facts and conclusions from recent social-economic research studies which indicate some ways in which this information bears upon home economics education. A large number of bibliographic references are included in this publication.

Foods and Nutrition

THE OUTLOOK FOR BETTER NUTRITION. Frank L. Gunderson. (Nutrition. Quaker Oats Co., Chicago, Ill., Vol 3, No. 5, September - October 1940, 4 pp.) In this article the author says that education for better nutrition is helpful but not adequate. He also points out the fact that our standard for nutrition is rising and that food cost is no measure of its nutritive value. It then discusses the problem of the enrichment of staple foods by the addition of elements such as vitamins and minerals.

Foods and Nutrition

VITAMIN SUMMARY AND CEREAL FOOD FACTS 1940-'41. (The Quaker Oats Co. Research Laboratories, 345 East 25th Street, Chicago, Ill., 4 pp.) This separate gives a table showing the chemical formula of each of the well-known vitamins, the number of units required for certain purposes, laboratory measurement, best-known functions, probable daily needs, and the chief sources.

Clothing and Textiles

HOW TO BUY SILK STOCKINGS. (Consumers' Digest. Vol. V11, No. 6, June 1940, pp. 7-9.) This article answers such questions as: (1) Is there any way to know whether a stocking is made of good silk and well knit? The answer to this is found in the clearness of the fabric. (2) What is meant by full fashioned? Answer: Knit to fit the leg, not just forced into shape. (3) Why should a stocking have a good stretch? If it does not stretch, it is liable to break threads when the knee is bent, and will start runners. A number of other questions are asked.

Clothing and Textiles

THE FUTURE OF SYNTHETIC FIBRES? (Fibre and Fabric. Vol. 93, No. 2908, October 26, 1940, pp. 5.) Another article that discusses the future of synthetic fibers, which says that carpets and rugs containing a high percentage of rayon fiber are now being made. If such products take well with the public, this new art in carpet and rug making will further reduce the consumption of wool, since in the past all better-grade carpets and rugs were made of this fiber. There are also indications that less silk will be consumed in the near future, owing to the development of such fibers as nylon and vinyon, which have most of the properties of silk. Cotton, on the other hand, being made up largely of cellulose, lends itself to a hundred different uses, of which the end is not even in sight. This foreshadows an increase in the consumption of cotton as time goes on.

Clothing and Textiles

SEW AND SAVE. (The Spool Cotton Co., 350 Fifth Avenue, New York. Book No. 137, 1940; illus., pp. 48.) This booklet is a revision of an older one with similar title. It begins by giving a ready guide to thread and needle sizes. It shows various stitches and explains how to fit the pattern, cut out materials, and put the pieces together. Instructions also are given for pressing and other steps in garment making. Each step is illustrated.

Clothing and Textiles

SEW WHAT? (The Spool Cotton Co., 350 Fifth Avenue, New York. Book 130, 1940, pp. 31.) This booklet gives instructions for making slip covers, curtains for various rooms, door pockets, bedspreads, and draperies for dressing tables. It also tells how to make lamp shades and a rag rug.

Clothing and Textiles

MODERNIZING CLOTHING INSTRUCTION. Evelyn M. Herrington and Edna P. Brythe. (Forecast Magazine. Vol. LVI, No. 9, pp. 523-526.) This article discusses the making of clothing accessories and, with diagrams, gives instructions for cutting them out. These accessories include caps, shawls, and scarves.

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

No. 456

February 5, 1941

TO HOME-ECONOMICS EXTENSION WORKERS:

Herewith are given references to certain books and home-economics literature that may be of interest to you. Before writing for further information about these references, please consult your librarian.

Sincerely,

Edith L. Allen

Edith L. Allen,
Assistant Home Economist.

Handicraft — WEAVING A RUSH BOTTOM CHAIR SEAT. By M. A. C. (The Rural New Yorker. Vol. 99, No. 5485, September 7, 1940, pp. 494.) An illustration shows the plant from which rushes are obtained and some of the steps in weaving them into a chair seat. The article describes the plant in detail and tells where it is usually grown.

Handicraft — BURNT-OUT LACE MATERIALS. By "Midlander." (Textile Mercury and Argus. Vol. 103, No. 2687, September 20, 1940, pp. 280-281.) This article explains how imitation lace is made by burning out part of the fabric with a chemical. At first, materials used in this process were of wool foundation, but now various forms of rayon are being tested.

Handicraft — MAKE THESE OUT OF GOURDS. Hazel F. Showalter. (Better Homes and Gardens. Vol. 19, No. 1, September 1940, pp. 56 and 57.) With five illustrations, this article tells how to make a vase of flowers from gourds, pottery, charm strings, and hanging baskets.

Handicraft — AMERICAN INDIAN ARTS...A RICH HERITAGE FOR OUR DESIGNERS. Fresh, direct vigor of art created for the out-of-doors, has relation to present-day approach to design - variety of technique of many peoples and customs offers vast store of inspirational material to insure fresh treatments away from hackneyed, overpopular Indian themes. (Women's Wear Daily. Vol. 61, No. 63, September 27, 1940, pp. 4, illus.) This article points out some ideas to be gained from a study of Indian art that will be helpful to the designer of clothing. Several illustrations are included.

Housing

HOW TO ANCHOR AGAINST STORM DAMAGE. J. A. Newlin. (American Builder and Building Age. Vol. 62, September 1940, pp. 45, 103.) This article discussed problems of building small houses that will withstand tornadoes and other severe storms. It says that five major types of failures common in dwelling houses are due to lack of tying and anchorage: They are: Weakness in the roof, on the lee side, which allows it to be torn loose and carried away; a similar problem with flat roofs; the moving of light or fairly heavy buildings off foundation; and the tearing loose of porch roofs on the windward side. Helpful suggestions are given for overcoming some difficulties.

Housing

LOW COST HOUSE. Joseph Allen Stein. (The Architectural Forum. Vol. 73, No. 4, October 1940. pp. 264-265, illus.) This article presents a plan for a low-cost house, a rapid construction suitable in earthquake areas. Two diagrams show the floor plan and the method of construction, which is known as cantilever or integrated structural system. In this system the weight of the roof is carried on internal supports or partial partitions, rather than on the side wall. The author says that in the Southwest such a house can be built completely at a price under $2,500 in a city as large as Los Angeles, but in quantity the price would be close to $1,500. He also suggests that the cost could be spread over a number of years by building the supporting framework and roof first, and then using matting or fabric side walls until enough money could be accumulated to finish the building. Handled in this way, the house could be built for $750, according to the author's estimate.

Housing

THE TOMAN. From the National Plan Service, Inc., Catalog of "Petite Homes." (The Southern Lumber Journal. Vol. 44, No. 11, November 1940, pp. 19.) On this page is a picture of a small wooden dwelling and three floor plans which vary only in size. The dwelling containing 17,170 cubic feet cost $4,777 and required 643 hours of carpenter work, whereas, the one containing 19,672 cubic feet cost $5,113 and required 672 carpenter hours of work.

Housing

THE HOME LIFE OF PLASTICS. Morris Sanders. (Science Digest. Vol. 8, No. 4, October 1940, pp. 24-28.) This article is condensed from Architectural Record for July 1940. It mentions various plastics which have come into common use in recent years, such as Nylon, rayon, cellophane, bakelite, and others, and tells some of the uses to which they are being put today. It also describes some of their peculiar characteristics. It says that we cannot forsee whether or not walls and basements will be molded in one piece, but it is thought that plastics will be a great help in developing low-cost housing in this country.

Equipment

LIGHTLESS LIGHT. Philip H. Smith. (Scientific American.) Vol. 163, No. 6, December 1940, pp. 234, 236.) This article explains how to use black-light lamps to get certain decorative effects. Such lamps bring out the colors in tapestries and rugs.

Equipment

VEINS OF THE HOUSE. Henry H. Saylor. (Parents' Magazine. Vol. XV, No. 6, September 1940, pp. 47, 87-88.) This article discusses the essentials of good plumbing, properly planned and installed. It includes a diagram showing sewer pipes, hot and cold water pipes, and other plumbing fixtures.

Equipment

A STUDY OF THE ECONOMICS OF GAS HOUSEHEATING. (American Gas Association, New York, April 1936, Copy 2, 99 pp., paper.) This is a report of a study of the economics of gas used as heating. It is a technical discussion of the cost of heating with gas in different kinds of heating systems.

Equipment

LONGER LIFE FOR YOUR RUGS. Wm. T. Presby. (Consumers' Digest. Vol. 7, No. 6, June 1940, pp. 23-26.) This article discusses types of rugs and padding to use with them. It also takes up the way and method of first preparing a floor.

Equipment

RURAL AMERICA LIGHTS UP. Harry Slattery. (National Home Library Foundation, Washington, D. C. 1940, pp. xi + 142, paper cover.) This little book gives the history of the extension of electricity in the household and why electricity was not carried earlier into rural areas. One reason is that engineers did not know how to "step up" the voltage to permit its being sent to long distances. Also, problems had to be solved regarding "stepping it down" for use in the particular house where it was to go. These problems have now been solved, and it is possible to extend the use of electricity for distances of several hundred miles. About the time of the World War, or slightly before that, only 2.6 percent of farm homes were electrified, as compared with 42 percent in cities and towns. In 1924, central stations furnished 4.6 percent of farm power used; a later survey in 1930 revealed that central stations furnished them 5 percent of farm power, which was a gain of four-tenths of 1 percent in 6 years. The book then gives the story of the organization and activities of the Rural Electrification Administration. In 1935 about 744,000 farms had central station service, and by January 1, 1940, there were 1,700,000, or a gain of 128 percent. Other facts discussed are private power companies, the social significance of the REA, rural industries, national defense, rents, and taxes.

Food and Nutrition

SCHOOL LUNCHES THAT SATISFY. Clara Gebhard Snyder. (Food Facts. Vol. 10, No. 1, October 1940, pp. 1.) A brief discussion of some good school lunches.

Food and Nutrition

YOUR CHILD NEEDS PROTEINS. Herman N. Bundesen. (Ladies' Home Journal. Vol. 48, November 1940, No. 11, pp. 94, 96.) This article points out the importance of providing sufficient protein in the diet. For a child it recommends 60 grams of protein, and says that this means in terms of eggs, meat, fish, cheese, or other foods, two glasses of milk, 1/4 pound of lean meat, 2 eggs, and 2 tablespoonfuls of cottage cheese. It then tells how to substitute other protein foods for those listed above.

Food and Nutrition

NUTRITION AND PHYSICAL FITNESS. L. Jean Bogert. (W. B. Saunders Co., Philadelphia, 1939, pp. 602, third ed.) A revision of a book copyrighted in 1931 and 1935, which the author says has been revised to an unusual extent. Some of the more general subjects have been cut to make room for new material, and all tables have been carefully checked and figures altered wherever necessary to conform to the latest and most reliable data available.

QUALITY AND QUANTITY OF PROTEIN IN RELATION TO HUMAN HEALTH AND DISEASE. D. P. Cuthbertson. (Nutrition Abstracts and Reviews. Vol. 10, No. 1, July 1940, pp. 1-16.) This article is a summary of recent investigations of protein in relation to human health and disease. It points out that the nitrogen requirements of organisms in all phases of activity are satisfied best by proteins of animal origin, such as milk, eggs, meat, and viscera. This source is superior to proteins of cereals and legumes taken singly. The superiority is more obvious when proteins are used for growth rather than for maintenance. The summary states that no deleterious effects result from either extreme of intake of protein, whether it be exclusively animal or vegetable in origin, or a mixture. On the average, the total energy derived from protein is about the same, generally between 10 to 14 percent. Whenever economic circumstances permit, man usually elects to raise his intake of animal protein to the region of 60 percent of the total protein, and this change may be accompanied by a slight rise in the total proportion of protein in the diet. The summary also says that there undoubtedly is an association of good physical inducement and stability in racial groups whose diets are relatively rich in animal protein, and there is a general absence of these qualities when the diets are low in animal protein. Therefore, it is tempting to assume this relationship would be that of cause and effect. However, many other factors, including heredity, may be operative.

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

No. 457. February 12, 1941.

TO HOME-ECONOMICS EXTENSION WORKERS:

Herewith are given references to certain books and home-economics literature that may be of interest to you. Before writing for further information about these references, please consult your librarian.

Sincerely,

Edith L. Allen

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Assistant Home Economist.

Handicraft — WHAT OUR HOMES AND FASHIONS OWE TO THE EUROPEAN PEASANT. Elma Pratt. (National Magazine of Home Economics Student Clubs. Vol. 5, No. 1, September 1940, pp. 6, 20.) This article discusses some contributions made by the European peasant in the way of wood-carved articles and the miscellaneous materials found around the farm, such as paper, beans, straw, wool, cotton, corn husks, tin, and dough, to which he gives dignity and importance by fashioning all sorts of decorative objects from them.

Handicraft — QUILL AND BEAD WORK OF THE WESTERN SIOUX. Carrie A. Lyford. (Indian Handicrafts. U. S. Dept. of the Interior, U. S. Bur. of Indian Affairs, Educational Div., Washington, D. C. May 1940. pp. 116, illus., paper.) This book, with illustrations and diagrams, shows the type of patterns used by Sioux Indians in their clothing and other handicraft. It also shows the method by which bead weaving is done to get desired effects. Some other topics taken up are quill techniques, dyes, cleaning, and dressing skins.

Handicraft — WOODCRAFT BROOMS. Bernard S. Mason. (Country Gentleman. Vol. 110, No. 10, October 1940, pp. 53.) This short article explains steps in making brooms from grass, corn husks, switches, and other material.

Handicraft — LEARN HOW BOOK. (The Spool Cotton Co., 350 Fifth Ave., New York. Book No. 145, 1940, 39 pp. paper.) This booklet gives instructions for crocheting, making tatting, embroidery, and hairpin lace and includes illustrations showing designs, finishing arts, and steps.

Housing — THE MECHANICAL WING. Buckminster Fuller. (The architectural Forum. Vol. 73, No. 4, October 1940. pp. 273, illus.) This is a description of a wing to be added to farm or other dwellings far removed from ordinary conveniences. It is designed to be loaded onto a truck and hauled to the site where it is to be used. It contains a laundry room, a kitchen unit, a bathroom with mechanical disposal apparatus if running water cannot be connected. Where water can be connected, this device may be substituted. It also contains a motor to generate electricity for the refrigerator and other purposes. This fairly modern working unit may be provided for the lakeside camp, week-end-vacation house, or it may be incorporated into a permanent dwelling.

Housing — A PUBLIC LOW-COST HOUSING PROGRAM: SPECIAL CONSIDERATIONS. Edgar A. Schuler. (Sociology and Social Research Vol. 25, No. 2, November-December 1940, pp. 133-139.) This article discusses programs for improving American housing. It takes up questions of location and why some people make sacrifices on one point or another that may not be considered safe or is below minimum standard. Some hazards to consider: Dangers of flood, explosion, fire; as well as factors such as, convenience to transportation, schools, parks, playgrounds, and places of employment. It next takes up problems in relation to materials for construction, the house, and the matter of facilities within the house. Though it raises many questions, no solutions are offered.

Housing — RADIATOR HEAT RESEARCH PROGRAM TO OPEN WITH HOT WATER STUDY. (Heating and Ventilating. November 1940, pp. 53.) This short article calls attention to research work to be done on hot-water heating in a new six-room research house now under construction at the University of Illinois. The plan of a six-room house with bathroom and garage is given.

Housing — HOME. (The Architectural Forum. Vol. 73, No. 4, illus., pp. 250-265, October 1940.) With floor plans and interior views showing suitable repairs, a story compares the most modern homes with those of a few years back, known as the true international style. It points out that there is a growing attempt at flexibility in the design of the house, and that this unites inside spaces which formerly were divided into fixed cubicles. These newer houses show a combination of the traditional warmth and intimacy of oldtime homes along with modern flexibility and openness. There is a tendency recently to increase the variety of accessories used in home furnishing

Textiles and Clothing

WHERE THERE'S A WILL, THERE'S A WARDROBE. Iris S. Davenport. (What's New in Home Economics. Vol. 5, No. 3, November 1940, pp. 31, 40-41.) This article discusses planning the winter wardrobe and gives instructions for remodeling last year's garments.

Textiles and Clothing

WHAT DO YOU KNOW ABOUT FURS? Alex Tansman. (Women's Wear Daily. Vol. 69, No. 109, December 4, 1940, pp. 24.) With a series of questions and seven illustrations, this article discusses the value of different parts of skunk skins and their use in coats and fur pieces. It shows how the white stripes are taken out and dyed separately from the black parts. It says that the fur is longer on white stripes than on other parts; removal of the longer fur gives the skins a more uniform pile.

Textiles and Clothing

WHAT DO YOU KNOW ABOUT FURS? Lincoln Lamb. Jacobo Feuermann. (Women's Wear Daily. Vol. 61, No. 113, December 10, 1940, pp. 22.) With questions and answers, this article tells where Lincoln lamb used for fur products is grown - in the Province of Buenos Aires. The skins used are from lambs that are born on very cold nights and succuomb to the weather. These Lincoln lambs have pelts of broadly curled wool, which are sold. The pelts are made into fur and worked into American broadtail. The Spanish words representing Lincoln lamb are "Corderito rasado" but the French expression "Agneau rase" is more popular. About 18 skins of the first selection are required for clean work.

Textiles and Clothing

ARE YOUR WALKING SHOES ATTRACTIVE? M. F. LaBelle. (Consumers' Digest. Vol. 8, No. 3, September 1940, pp. 41-44.) This article tells how you may have ease and comfort without sacrificing style, since it has been determined that heavy leathers and thick soles have no health value. It then says that many smart new shoes are scientifically designed to give freedom and comfort. It is still necessary to shop carefully to obtain both fashion and comfort when buying shoes. A surprising number of salesmen are not informed on this fact and new trend. It is extremely important to get correct size when buying a walking shoe; many walking shoes have a different last from that used in sport pumps or fine new shoes; and the greatest safeguard is not price but reliability of the store in fitting shoes. The article warns that low-priced shoes are often mismates.

Textiles and Clothing

RECOMMENDED BRANDS OF CHILDREN'S SHOES. (Consumers' Digest, Vol. IX, No. 1, January 1941, pp. 21-25.) Explains how to judge the proper shape and fit of children's shoes. The article states that normal feet, when placed together, should touch at the heel and also from the big joints of the big toes to the end of those toes. Advises that the shoes should be at least one-half inch longer than the foot when the weight is borne on it.

Management

CONSUMER BEHAVIOR. Dr. H. John Stratton. (Spiral Binding Co., St. Louis, Mo., 1940. pp. 1-172, processed.) This book is the last report of a research study on consumer behavior, made in Chicago and in a small town in the Middle West. It particularly reports consumer behavior in the selection and purchase of various articles for the house. It says, for example, that farm people usually spend less than city people because of their low incomes, but with median income they spend about two-thirds as much, and with high income they spend about one-half as much. It says that farm housewives who have a good income are probably busier than city wives with a similar income, and as a result often they have less beautification done and give less thought to self-beautification. Also facilities for this work are not readily and conveniently accessible to farm people. The book takes up items such as recreation and maternal care, in the same vein.

Management

TROUBLE ON INSTALLMENTS. Kenneth F. Gilbert. (Consumers' Digest. Vol. 8, No. 2, August 1940, pp. 7-12.) This article discusses installment buying and what authors say about it. It includes "The Installment Credit Contract," by Albert Haring; "Installment Buying," by Hugh B. Wood, William J. Lowry, and Irwin A. Hammer; and "One Hundred Problems in Consumer Credit," by Charles H. Mergendahl and LeBaron R. Foster.

Management

MANAGING TIME. Marianne Kittell. (Capper's Farmer. Vol. 51, No. 12, December 1940, pp. 37-38, illus.) This article gives some suggestions for saving time tried out by various homemakers. One homemaker uses linoleum pads for standing on while she prepares food, washes dishes, and watches food cooking. Another had a water heater attached to her coal-electric range with outlets in the basement as well as in the kitchen, so that by the time the breakfast dishes are done she will have plenty of water for washing. Many other suggestions are made.

Management

MONEY MANAGEMENT FOR HOUSEHOLDS. Bernice Dodge, Editor. (Household Finance Corporation, Chicago, Ill. 1941. pp. 42, paper.) A budget book with columns in which to enter prospective large expenses, with a plan for saving for them, columns for budgeting current weekly, semimonthly, or monthly expenses, and for summing up the results at the end of the year.

Management

IN DEFENSE OF THE CONSUMER. Harriet Elliott. (Women's Wear Daily. Vol. 61, No. 124, December 26, 1940. p. 30.) A discussion of the National Defense Advisory Commission's work toward safeguarding the consumer. It says that work of total national defense is for consumer protection and thus avoids unnecessary hardship to the civilian population; mentions the cooperative efforts being used and the set-up of the Advisory Committee.

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

No. 458.

February 19, 1941.

TO HOME-ECONOMICS EXTENSION WORKERS:

Herewith are given references to certain books and home-economics literature that may be of interest to you. Before writing for further information about these references, please consult your librarian.

Sincerely,

Edith L. Allen

Edith L. Allen,
Assistant Home Economist.

Food and Nutrition — RESEARCH: THE EFFECT OF DIFFERENT COOKING METHODS ON THE VITAMIN C CONTENT OF QUICK-FROZEN VEGETABLES. Jennie A. McIntosh, Donald K. Tressler, and Faith Fenton. (Journal of Home Economics. Vol. 32, No. 10, December 1940, pp. 692-695.) The article reports work carried on in New York State on the problem of different cooking methods on the vitamin C content of quick-frozen vegetables. Earlier studies are reviewed and the results of this particular experiment reported. The article says that vitamin C destruction was small in all instances, being less than 15 percent except with the standard pressure cooker. Approximately 70 to 80 percent of the vitamin was recovered in the boiled vegetables, and from 13 to 30 percent in the cooking water. It appears that vitamin C retention was highest in all vegetables when cooked in the pressure saucepan. Quick-frozen vegetables are a good source of vitamin C.

Food and Nutrition — LET'S TALK TURKEY. Lucy Alexander. (Agricultural Leaders' Digest, Chicago, Ill. November 1940, pp. 40-41.) This short article tells the result of some experiments in the Bureau of Home Economics on the cooking of turkey.

Food and Nutrition — LET'S KEEP THE PROTECTION IN PROTECTIVE FOODS. Helen S. Mitchell. (National Magazine of Home Economics Student Clubs, Vol. 5, No. 3, February 1941, pp. 1, 7.) This article suggests that young people by observing new standards strive to excell as good cooks. That in the preparation of vegetables, and tasty and unusual salads they become known for their ability to conserve vitamins and minerals as well as food flavor. Suggestions for the proper cooking of various foods are given.

Housing

SERVING FAMILY LIFE THROUGH COMMUNITY ACTIVITIES IN HOUSING PROJECTS. Dorothy I. Cline. (Journal of Home Economics. Vol. 32, No. 10, December 1940, pp. 672-675.) This article outlines a program of community activities in housing projects embracing the home as well as the community center. Instruction on the subject of housing begins with typical family problems which deal with floor coverings, pictures, furniture, and so on, and then should be expanded to meet the following needs, which include: (1) Basic information about color, design, textiles, wood and metal. (2) Instruction in special skills: Needlework, woodwork, painting, metalwork, clay modeling. (3) Instruction in the selection and use of materials that are inexpensive but of good quality. (4) Assistance in undertaking an informal study of how each room in the home is used by individual members of the family for work and play purposes. (5) Opportunities for individuals to engage in activities that can be performed to better advantage outside the home.

Housing

FIGURING FOR FIREPLACES. (House & Garden. Vol. 79, No. 1, January 1941, pp. 22-23, illus.) With six diagrams, this article explains how to build a fireplace that will heat the room and draw without smoking. It also shows how efficiently rooms may be heated by ducts connected with the fireplace.

Housing

THE HOUSE AND ITS CARE. Mary Lockwood Matthews. (Little, Brown & Co., Boston, Mass., 1940, 371 pp., rev. 1940, illus.) This book is intended for use in senior high schools or junior colleges. It discusses the kinds of homes in which people life; the selection of a home; the equipment and furnishing of bedroom, bathroom, kitchen, dining room, laundry; the size, planning, and construction of the house; and the homemaker's responsibility.

Housing

HOUSING FOR DEFENSE. Miles L. Colean and The Housing Committee. (The Twentieth Century Fund, Inc., New York, 1940. vii + 198.) A report of the study begun in 1940, financed by the Twentieth Century Fund. Chapter headings include: (1) The experience of the last war, mentioning housing problems that appear and difficulties of building houses without special congressional authorization; (2) Facing a new emergency which deals with the present compared with the past, and takes up the question regarding defense housing and who will build the house; (3) Housing and the location of defense activities; (4) Community problems; new housing; construction and finance; the role of the Government, and some conclusions or recommendations of the housing committee.

Handicraft

DESIGN FOR THE CRAFTSMAN. Franklin H. Gottshall. (The Bruce Publishing Co., Milwaukee, August 1940, pp. ix + 149, illus.) This book, the author says, is written with a view of placing an important tool in the hands of the beginner or self-taught amateur. Its aim is to help these people in making different designs of their own. It discusses masses, structural lines, outlines, sources and kinds of ornaments, ornaments and methods by which they may be applied to design, color, and color harmony. Illustrations show the use of designs on different types of material and how designs have to be modified to be in harmony with materials.

Handicraft

ITEMS. (Science-Supplement. Vol. 92, No. 2398, December 13, 1940, pp. 11.) A brief paragraph which reports that the United States Forest Products Laboratory, Madison, Wis., has found a means by which wood can be converted into an easily bent and molded plastic. It was found that oak and certain other woods when soaked in a given solution, then dried, became plastic when heated to about the boiling point of water. Though the wood was still dry, it remained plastic while hot but resumed its normal woodenness when cool. Chips, and other small pieces can be pressed into any desired shape, as the material is self-binding; that is, it sticks together without the addition of an adhesive.

Handicraft

KNIT FABRICS. Jessie Caplin. (Processed.) (Riverside Press, Inc., St. Paul, Minn., February 1940, 27 pp.) This book contains actual fabrics to illustrate the point discussed. It defines a knit fabric as a series of interlocking loops, and then tells of the important difficulties and other factors pertaining to them. Types of knitting are mentioned; such as, weft and warp knitting, circular machine knitting, flat knitting, run-resist construction, cut and gauge stitch, tuck stitching, cardigan, rib stitch, and double knit. The last part of the book discusses fibers, yarns, and finishes used for knit fabrics.

Handicraft

SCATTER RUGS. (The Spool Cotton Co., New York. Book No. 155, 23 pp., illus., 1940.) A little book giving instructions for making many kinds of crocheted and hooked rugs from yarn.

Handicraft

HERITAGE OF BEAUTY FROM THE ALGONQUINS. (Women's Wear Daily. Vol. 61, No. 83, October 25, 1940, pp. 6 and 7.) Page 6 of this article shows designs and patterns for articles made by the Algonquin Indians. Most of these designs were traced on birch bark. The brief story on page 7, that accompanies the article, describes the clothing of the Indians of this tribe in the early days when the white man first became acquainted with the tribe and before it adopted the styles used by french trappers. The author recommends use of the designs as motifs for the present day designers.

Personal

MARRIAGE AND THE HOME. Frank Kingdon. (Forecast Magazine. December 1940, pp. 574-576 and 604.) This article points out various problems that arise in homes owing to the changing pattern of society. For example, within a generation, night has been turned into day by the electric lamp; the airplane and the automobile have shrunk distances; and man's privacy has been invaded by the radio. It points out that all these distractions have lessened the control of parents over home environment. In the old days, father and mother could largely decide who or what should come into the home, but with the radio this cannot be done. The article also points out that relationships will change, owing to these same factors between husband and wife as well as between parents and children.

Personal

HUMAN RELATIONS AS A PUBLIC HEALTH PROBLEM. Halbert L. Dunn. (American Journal of Public Health. Vol. 30, No. 11, November 1940, pp. 1318-1322.) This article points out the importance of educators and public health workers doing all they can to prevent neurosis and mental break-down resulting from maladjustment of human relationships. It is believed that such activity will do much to preserve the social structure which has been our heritage.

Personal

MOBILITY AND FAMILY DISORGANIZATION. Harvey J. Locke. (American Sociological Review. Vol. 5, No. 4, August 1940, pp. 489-494.) According to the authors of this article, mobility leads to family disorganization. This is brought about because the family is put in contact with different-patterned behaviors, and members develop divergent behavior as a result, which leads to incompatibility within the family. It also discusses vertical mobility, by which it means movement from a lower standard of living to a higher one, which, it says, tends to disorganize family solidarity. A family separated from one another by long distances also tends to grow apart.

Personal

THOSE PAINTED FINGERNAILS. (Consumers' Digest. Vol. 8, No. 3, September 1940, pp. 1-4.) A discussion of the use of colored fingernail polish or lacquers, which says that no product so far produced is ideal from the standpoint of health, but most of the products now on the market are essentially cellulose-nitrate lacquers. It tells how to care for the nails before putting on the lacquer, and advises that lacquers be used only for special occasions, as they are liable to injure the nail if used continuously.

United States Department of Agriculture
E X T E N S I O N S E R V I C E
Washington, D. C.

No. 459 February 26, 1941

TO HOME ECONOMICS EXTENSION WORKERS:

Herewith are given references to certain books and home-economics literature that may be of interest to you. Before writing for further information about these references, please consult your librarian.

Sincerely,

Edith L. Allen

Edith L. Allen
Assistant Home Economist.

Crafts — ART METALWORK. V. P. Conners. (Industrial Arts and Vocational Education. Vol. 30, No. I, January 1941, pp. 34-37.) This article contains detailed instructions and describes all tools used in art metalwork. Illustrations show that the type of metal required may be had in bars, ribbons, rolls, sheets, and disks. It gives the weight, dimensions, and gauge of pieces of metal for making braid, jewelry, and other articles of different sizes.

Crafts — INDIAN AND RODEO. (Industrial Arts and Vocational Education. Vol. 30, No. 1, January 1941, pp. 34, 35.) This article deals with vests and other articles made and ornamented with beads. Pictures show design and details of construction.

Crafts — AMERICAN HOOKED RUGS AND HOW TO MAKE THEM. (Homes and Gardens. Vol. 22, No. 1, June 1940, pp. 22-23.) This article accompanied by illustrations for very attractive rugs. The historical background of the American hooked rug is described and its origin is stated to have been in French-Canadian homes. Detailed instructions are given for making hooked rugs.

Crafts — NEW TABLE TALK. (The Spool Cotton Company, New York. Book No. 157, 31 pp., 1941, paper.) Contains numerous patterns and instructions for making lace tablecloths.

Crafts — HEIRLOOM QUILTS. (The Spool Cotton Co., New York. Book No. 160, 1940, 22 pp. paper.) This booklet contains a number of patterns and directions for making bed quilts.

Food and Nutrition

PECTIN AS AID IN FREEZING FRUITS. George L. Baker. (Food Industries. Vol. 13, No. 1, pp. 55-57, January 1941.) The first of a series of articles on aids in freezing fruits. The tests were made on strawberries and peaches which had a tendency to lose juices upon thawing. It says that while sugar and sugar sirups have been found beneficial as protective agents for fruit tissue during freezing, they have not been entirely successful, so some other means had to be found. One of them is the use of nonacid pectin (which use was reported in print in 1938). Sufficient pectin must be added to the berries to prevent the juices from leaking out. Part II will report the results of the pectin treatment of peaches for freezing. This particular article is centered on strawberries.

Food and Nutrition

TROPICAL AMERICAN DIET. (Science, Vol. 92, No. 2398, Supplement, pp. 11, Dec. 13, 1940.) A short item discusses the shortages in the tropical American diet. The people concerned particularly lack calcium and vitamin A. The Mexican Indians, however, use lime in removing the bran layer from the corn kernel, thus adding calcium to the final edible product. It is hoped that other ways may be found similar to this to put more calcium into the diets of people living in tropical America where it is not practicable at the present time to advise the use of milk.

Food and Nutrition

VARIATIONS IN BUYING HABITS OF DIFFERENT CONSUMER GROUPS. Perham C. Nahl. (The Southwestern Social Science Quarterly, Vol. 21, No. 2, Sept. 1940, pp. 163, 171.) A report of a study of consumer buying habits. It outlines how retailers direct their sales promotion toward certain consumer groups, for they find if they serve one group with common characteristics their efforts will be more profitable. The article defines consumer groups, one of which is based on age, which affects the knowledge of materials and ability to travel to get what is wanted. The standard of living is another cause of difference in buying habits. The upper-income group are more interested in fashion goods than are the labor group who have to buy on a cash basis and are not wealthy enough to seek much in the way of style or quality. They also have less mobility, either because of lack of time or of facilities for travel.

Food and Nutrition

SURVEY OF MILK MODIFICATIONS. Maurice L. Blatt and Mary Zeldes. (Journal of American Dietetic Association, Vol. 17, No. 2, February 1941, pp. 117-122.) This article explains how to modify cows' milk for human consumption, particularly the feeding of children with digestive disturbances. It says that almost all modifications in milk have added something to the ease of digestibility and assimilability and many of them have sacrificed important elements normally present in milk to a greater or less degree. Therefore the simpler the modification of milk the more likely we are to conserve the desirable known factors.

Child Care

WHAT SHALL WE BUY FOR CHRISTMAS? Ethel Kawin. (National Parent-Teacher. v. 35. No. 3, November 1940, pp. 24-27.) This article discusses toys as Christmas presents for children. A list of those for the baby's first or second year is given. It also discusses the various functions of toys. Then it takes up lists for other years, such as 2 and 3 years, 4 and 5 years, which develop strength and skill. Another grouping is of toys that are constructive and creative. A third group is of those to be used in dramatic and imitative play. Then there are lists for social development, for artistic development, and to stimulate knowledge.

Child Care

SEXUAL CURIOSITY OF CHILDREN. Jacob H. Conn. (American Journal of Diseases of Children. Vol. 60, No. 5, pp. 1110-1119, November 1940.) This article says that questions about sex in young children show orientative tendencies which are not sexual in the adult sense of the word. Instructions are given for parents on how to handle such questions without making the child secretive or ashamed. It says that parents whose own sexual questions in childhood have been laughed at and who have been shamed are the ones who later give evasive, vague, embarrassed answers to their own children. The parent should take time to ask the child why he wanted to know that, or what is his opinion about it. In this way the parent learns the degree of interest and the level of understanding of that particular child.

Child Care

SIGNALS OF GROWTH. Myrtle B. McGraw. (Child Study. Vol. 18, No. 1, Fall 1940, pp. 8-10, 31.) This is a discussion of sizes of children at different ages and refers to the studies made in order to determine the average age at which particular adjustments should be made. It states that children cannot be fitted into an average pattern and that chronological age or even mental age as measured by standard tests do not provide adequate criteria by which parents can guide their own methods of management and education. It tells how the child shows evidence of growth, such as the small child indicating its wishes by gestures and other small signs. Whenever a growth spurt as one part of his development takes place, he is likely to diminish efficiency temporarily at some other activity. It suggests that behavior signals will be useful guides in alternating the infant's program, such as for instance, his feeding program when he begins to reach for objects in his range of vision. This time he should be allowed to grasp the bottle or spoon and help in carrying it to his mouth.

Health

READ YOUR LABELS. Helen Dallas and Maxine Enlow. Institute for Consumer Education. (Public Affairs Pamphlets, No. 51, 32 pp., 1941. paper cover. Consumer Series No. 2.) This pamphlet explains how important information regarding foods, drugs, and cosmetics is controlled, their distribution, and how the Pure Food and Drug Act is administered. It also tells how organized consumers can aid by supporting the laws and good enforcement.

Health

HAVE AMERICANS GROWN "SOFT"? Editorial. (Medical Record. Vol. 152, No. 12, December 19, 1940, pp. 423.) The question is answered in the negative. As proof, the fact is presented that there is no evidence of physical or muscular degeneration in American people since Colonial days. In fact, quite the contrary is true. The average height of college students has been found to be greater than that of his parents and grandparents. Other accounts show that physically the native-born child of immigrant parents shows an increase in height over parental stock and a sharp modeling of facial contour. In fact, conditions in America continue to add bone and brawn to American physique.

Health

MAN: A CONSTITUTIONAL INVESTIGATION. William B. Tucker and William A. Lessa. (The Quarterly Review of Biology. Vol. 15, No. 3, September 1940, pp. 265-289.) This article goes back to the writings of the ancients such as the early Chinese and Hindus and later writers such as Aurelius Cornelius Celsus who lived in 53 B.C., and gives excerpts of what they had to say in respect to the human constitution. Though many of them had a curious conception of physiology and health, many of their other ideas have lived to the present day. It also quotes more recent writers to show that the constitution is a multi-sided problem. There are many conflicting theories in this field, but it does say that the constitution is not strictly or even predominently a hereditary characteristic of the body. It then takes up inherited characteristics. This article is to be concluded in a later issue.

Health

THE TROUBLE WITH YOUR FEET. Maxine Davis. (Good-housekeeping. Vol. 111, No. 5, November 1940, illus., pp. 37, 147-149.) This article gives instructions for the care of the feet. It says among the ills the feet are heir to is the fact that often bones designed to carry 125 pounds are overloaded at 200 pounds.

MAR 31 1941

United States Department of Agriculture
EXTENSION SERVICE

No. 460. March 5, 1941.

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Sincerely,

Edith L. Allen

Edith L. Allen,
Assistant Home Economist.

Clothing and Textiles — THE "STORY OF COTTON THREAD." (The Spool Cotton Co., 350 Fifth Ave., New York, 2nd ed., 1940, 28 pp.) This booklet as the title indicates gives the story of the making and use of cotton thread. It begins with some of the history of spinning in ancient times and brings it up to the present, when high-powered machinery is employed by the industry. Profusely illustrated.

Clothing and Textiles — TEXTILE FIBER ATLAS. Part IV -Minor Hair Fibers. Werner Von Bergen and Walter Krauss. (Rayon Textile Monthly. Vol. 21, No. 5, May 1940, pp. 285-289.) This article describes hog bristles, horsehair, human hair, goat hair, and cow hair as used for fibers in upholstery, for making brushes, and other purposes.

Clothing and Textiles — USE OF SYNTHETIC FIBRES IN FELT-MAKING. (Textile Recorder. Vol. 58, No. 691, October 1940, pp. 27.) This article discusses the new fiber vinyon, which is a thermoplastic fiber made from synthetic resin. It is cohesive when fused by heat and pressure, therefore a great variety of new materials are being made from it and, according to the varying percentages of chemicals contained, the materials range from soft waddinglike insulating materials to hard, flexible tiling of high chemical resistance. A further discussion of the products of these materials of different types is contained in the article.

Clothing and Textiles — SKINS OF ANCIENT SIBERIA USED BY THE FIRST TAILORS. (Women's Wear Daily. Vol. 61, No. 125, December 27, 1940, p. 9.) This page with a series of 18 illustrations shows how the first Siberian tailors used skins in making clothing. Designs ornamenting the skins are also shown.

The Child — CHILDREN IN A DEPRESSION DECADE. (The Annals of The American Academy of Political and Social Science, Vol. 212, November 1940, xi + 287.) The November 1940 number of this publication deals with a depression decade, and reports surveys of the factors affecting children from 1930 to 1940, showing the present status of child welfare.

The Child — CHANGES IN INFANT AND CHILD MORTALITY RATES. Harold F. Dorn. (The Annals of The American Academy of Political and Social Science, Vol. 212, November 1940, pp. 32, 37.) This article shows that though the mortality rates of white children have been decreasing in the last 5 years, the progress in preventing deaths among Negro infants has not been so rapid. The decrease in mortality rate among white children has been greatest in the Northeast and Middle West, and smallest in the Southern States. In Colorado, Connecticut, Delaware, District of Columbia, Nevada, New Jersey, New York, and Pennsylvania, the decrease was 30 percent or more. In Arkansas, Florida, Kentucky, and South Carolina it was but 10 percent.

The Child — THE PLACE OF STATISTICS IN STUDIES OF CHILD DEVELOPMENT. Edwin B. Wilson. (Child Development, Vol. 11, No. 4, December 1940, pp. 319-325.) This article is intended for research workers, and may be helpful in interpreting data on child development.

The Child — COMMENTS ON "THE VARIETIES OF HUMAN PHYSIQUE." Howard V. Meredith. (Child Development, Vol. 11, No. 4, December 1940, pp. 301, 309.) As the title indicates, this article discusses the varieties of human physique. Data used for this investigation were standardized photographs. The material is intended mainly for research workers and tells how to take proper measurements.

The Child — TREND IN THE STUDY OF PHYSICAL GROWTH IN CHILDREN. Wilton Marion Krogman. (Child Development, Vol. 11, No. 4, December 1940, pp. 279, 284.) A report on a study of how data on the typical growth of children are being used and what further information is desired. One of these for instance, relates to the hereditary transmission of physical characteristics, and the sixth trend is the utilization of growth data as the basis of the assessment of well-being.

The Child — PARENTHOOD ATTITUDES OF COLLEGE MEN. Charles Pugh Dennison. (The Journal of Heredity, Vol. 31, No. 12, December 1940, pp. 527-531.) This article is of interest because it shows the attitude of many educated people toward parenthood.

Food and Nutrition

NUTRITION AND DEFENSE. M. L. Wilson. (Journal of The American Dietetic Association. Vol. 17, No. 1, January 1941, pp. 12-20.) This article points out the importance of good nutrition to national defense and tells what is being done by the Advisory Commission on National Defense. The first problems being given consideration by this committee are those growing out of specific defense activities, such as - Will there be problems of food supplies and nutrition in the new points of population concentration? Will the milk supply be adequate and plentiful? The article also mentions the need for vitamins and minerals, and suggests that those trained in nutrition have responsibility in spreading information, and tells how many potential workers are available for this purpose.

Food and Nutrition

SIGNIFICANCE OF DIFFERENT LEVELS OF VITAMIN INTAKE. Henry C. Sherman. (Journal of The American Dietetic Association. Vol. 17, No. 1, January 1941, pp. 1-4.) Part I. This article says that of the total food calories, we cannot make good use of much more than we actually need; even a 20 percent margin soon proves itself too much for best results. Recent research shows that calcium may be taken to a 200 percent margin above the level of minimal need required for the best results in permanent nutritional well-being. Discusses vitamin A, C, thiamin, and riboflavin, and says in closing that thiamin concentrates will probably be a rather popular form of self-medication, so it is to be hoped that thorough experiments will be made to determine the effects of higher intakes of thiamin when continued throughout the lifetime of the individual and successive generations of the family.

Food and Nutrition

SMOKED TURKEYS. By "People and Places." (The Poultry Item. Vol. 44, No. 3, January 1941, pp. 1, 25.) This article describes how one man built up trade in smoked turkeys. It describes the process he uses in preparing them.

Food and Nutrition

TURKEY TALKS. E. Y. Smith. (The Poultry Item. Vol. 44, No. 3, January 1941, pp. 26-28.) An article which describes a method of injecting smoked flavor into turkey meat in preparation for curing it.

FOOD ENRICHMENT PROGRAM. Frank L. Gunderson. (Nutrition, Quaker Oats Co., Vol. 4, No. 1, January-February 1941, pp. 1 and 3.) This is a description of the program for adding vitamins to various foods. It explains how efforts are being made to add vitamins without unduly increasing the cost. The addition of these vitamins seems to be mostly advantageous to people working under indoor conditions.

General — SELECTED BIBLIOGRAPHY ON THE FAMILY, 1935-1940. Compiled by Mirra Komarovsky. (American Sociological Review. Vol. 5, No. 4, August 1940, pp. 558-565.) A bibliography of books on the family. A large number of such books have been published since 1936.

General — THE EFFICIENT ORGANIZATION OF A HOME ECONOMICS DEPARTMENT. Mrs. Geo. Norby. (What's New in Home Economics. Vol. 5, No. 5, January 1941, pp. 10-11, 54-55.) This article, with appropriate lists, tells how to set up a file for handling home economics subject matter.

General — OFFICE OF EXPERIMENT STATION SIXTH READER. Sybil L. Smith and Georgiana L. Adams. (Journal of Home Economics, Vol. 33, No. 2, February 1941, pp. 98-99.) The annual classified list of State agricultural experiment station bulletins, circulars, and mimeographed publications of interest to home economists, compiled by the authors. It contains a number of extension publications prepared by experiment station workers, or cooperatively with extension specialists, to present in non-technical form the results of home economics research. The subjects covered include several groups of food topics, family economics, house planning, equipment, and management, child development, and textile fabrics.

General — A FUNCTIONING PROGRAM OF HOME ECONOMICS. Ivol Spafford. (John Wiley & Sons, Inc., New York City, 1940, pp. xiii + 469.) A textbook for use in colleges. It takes up the meaning of home economics, how the school man looks at home economics, home-life education - a common need, building a dynamic program of education, the administrator and the home-economics program, and many other similar topics.

General — FLOWER ARRANGEMENT IN COLOR. F. F. Rockwell and E. C. Grayson. (Wise & Co., Inc., New York, 1940, pp. XVlll + 238, illus.) A book of instruction on the arrangement of flowers. It explains design, some elementary principles of design, composition, balance, and unity. It tells how to "play" the arrangement, the basis for color combinations, and suggests plant material for various arrangements throughout the year. It also takes up mass arrangement, line arrangements, miniatures, and table arrangements.

General — A NEW WORLD THROUGH CHEMISTRY. (Agricultural News Letter, Vol. 8, No. 5, September-October 1940, pp. 70, mimeo.) This item describes a new motion picture entitled A New World Through Chemistry. This film follows the chemical products from laboratory to home or wardrobe. It is prepared in 16-millimeter 1-reel and 35-millimeter 2-reel length. It is available for showing at clubs and schools. The article says there is no charge except the cost of returning the film.

United States Department of Agriculture
EXTENSION SERVICE

No. 461. March 12, 1941.

TO HOME-ECONOMICS EXTENSION WORKERS:

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Sincerely,

Edith L. Allen

Edith L. Allen
Junior Scientist.

Health — RELATION OF DENTAL CARIES IN RURAL CHILDREN TO SEX, AGE AND ENVIRONMENT. Bion R. East and Hilda Kaiser. (American Journal of Diseases of Children. Vol. 60, No. 6, December 1940, pp. 1299-1303.) A comparison of rural children with urban, to determine the relation of caries to sex, age, and environment. Findings of this study agree closely with findings of previous studies: That feeding children with vitamin D or exposing their skins to artificially produced ultra-violet light is helpful. Winter temperature is apparently only of slight importance in the incidence of caries in all boys and girls aged 9 to 11 years, but it has an important correlation with the incidence of dental caries between 6 to 8 and 12 to 14 years.

Health — SHOES AND FOOT HEALTH. Dudley J. Morton (Journal of Home Economics. Vol. 33, No. 1, January 1941, pp. 2-28.) This article discusses shoes in relation to foot health, and takes up the subject of the effect of shoes upon toes, heels, and various bones of the feet. If a person weighs 120 pounds, it says, 60 pounds of weight are transmitted through the legs to each foot. Of the 60 pounds the heel supports 30 pounds, metatarsus I supports 10 pounds; and the other four metatarsi support 5 pounds each. The article points out that foot health involves a full understanding of the mechanics of the foot.

Health — WHY OTHER PEOPLE SMELL. Howard W. Haggard. (Hygeia. Vol. 19, No. 1, January 1941, pp. 12, 13, 14, 60.) This article discusses the problem of body odors and says that most of these are surface odors coming from the oral cavity, surface of the tongue, etc. It then tells how to keep the mouth and teeth clean.

Markets and Crafts

WOOD FINISHING AND PAINTING MADE EASY. Ralph G. Waring. (The Bruce Publishing Co., Milwaukee. 1940, illus., pp. vii + 220.) The author says in the foreword of this book that because of improved practices and finishing results, this book is written to describe the new raw materials and new technical control now being used in painting and finishing wood. Contents: Cabinet woods and their accepted finishes; preparation of cabinet wood for finishes; wood stains and their application; undercoater practice; fillers and their application; puttying, glazing; varnishing equipment; varnish-brushing methods; finish sanding and rubbing methods; modern fast-drying finishes; spray guns and spraying methods; paint-shop equipment; specifications; finishes for willow, reed, and fiber; metal-finishing methods; toy-finishing methods; marine finishes; bronze-powder finishes; glossary of paint-shop terms.

Markets and Crafts

CRAFTWORK AT A PENNY A FOOT. George T. Burns. (School Arts. Vol. 40, No. 5, January 1941, illus., pp. 162-163.) This article tells how to select some wood molding and to carve little pieces out of which to make jewelry, such as bracelets, pins, and belts.

Markets and Crafts

TECHNICAL PROBLEMS OF THE ARTIST. Vol. 1, Technique of of the Silk Screen Process. Vol. 2, Methods Other Than Profilm, Anthony Velonis. (Federal Art Project, Works Progress Administration, New York City, 1939. 15 pp. each, paper cover.) The first volume of this mimeographed booklet describes briefly the technique involved in reproducing posters or printing cloth by the silk-screen process. It also describes the method called the profilm method and how to make equipment necessary for silk-screen printing. Volume 2 describes a number of other methods of making the stencil and the use of entirely different materials and inks from those described in the first book.

Markets and Crafts

CRAFTS FOR FUN. Evadna Kraus Perry. (William Morrow & Co., New York, 1940, illus., 278 pp.) This book gives rather specific instructions for making a number of articles, and describes materials and tools easy to procure and manipulate, also linoleum block printing, spattering, bookmaking, clay modeling and pottery, weaving, knotting, embroidery, working with wood, modeling metal foil, and using sheet cork. It lists articles particularly adapted to each craft, such as wall hangings, handkerchiefs, Christmas cards, portfolios and wooden boxes.

Markets and Crafts

FOUR-HARNESS HAND-POWER LOOM. Mack E. Lathrop. (Industrial Arts and Vocational Education, Projects' Number. Vol. 29, No. 9, November 1940, pp. 392-394, illus.) This article, with working drawings on page 393, gives specific directions for constructing a hand-power loom. The article is concerned with the dimensions of the different parts and how they are put together.

Education

HOW SHOULD A DEMOCRATIC PEOPLE PROVIDE FOR THE SELECTION AND TRAINING OF LEADERS IN THE VARIOUS WALKS OF LIFE? Isaac Leon Kandel, Leta S. Hollingworth, Edward L. Thorndike. (Teachers College, Columbia University, New York. 1939. 41 pp. paper.) Parts of this booklet deal with: Leadership and education in other times and in other lands; what we know about the early selection and training of leaders; how may we improve the selection, training, and life-work of leaders? The last part of this book suggests the use of tests and certain other criteria for selecting children suitable to be educated for leaders. It says that certain characteristics should be watched for, such as sensitiveness to beauty, industry, honesty with property, honesty with facts, helpfulness, and some other habits of feeling and action. Later further tests should be given and at this time other characteristics should be checked, such as the person's responses in school, productive labor, and leisure, behavior with regard to sex, money, friends, and reputation, his physical and mental health, virtues, vices and eccentricities, good or bad. Other criteria are used with the latter.

Education

SO YOU ARE ABOUT TO TEACH FAMILY LIFE EDUCATION. (What's New in Home Economics. Vol. 5, No. 5, January 1941, pp. 14, 18.) This article points out subjects to be taken up in family life education. It also gives a list with prices of books recently published on the subject of family life education.

Education

HUMAN TYPES. Raymond Firth. (Thomas Nelson and Sons, Ltd., New York. 1938, vi + 207.) This book discusses racial traits and other characteristics of primitive cultures in existence at the present time. It also describes the anthropological and social culture of these people.

Education

EDUCATING FOR FRUSTRATION. Charles C. Fries. (School and Society. Vol. 52, No. 1353, November 30, 1940, pp. 537-539.) This author claims that approximately half the adult population of the United States have so little reading ability that they have no basis for thinking deeply on many matters of importance. Of the 75,215,000 adults in the United States, 48.4 percent have not completed the eighth grade in school; 86 percent have not completed high school; 4.88 percent are illiterate; and 2.9 percent are college graduates.

Food and Nutrition

THE AMERICAN AND HIS FOOD. A History of Food Habits in the United States. Richard Osborn Cummings. (The University of Chicago Press, Chicago. 1940. xi + 267.) This book discusses the time of the Revolutionary War; food habits, such as menus used on the farm in early days; menus in the city; prejudices and reformers of 1830's; the effect of transportation; the fight against germs, and newer concepts of scientific eating; the depression and nutrition; and recent Federal feeding programs.

Food and Nutrition

FEEDING THE PEOPLE IN WAR-TIME. Sir John Orr and David Lubbock. (Macmillan & Co., Ltd., London, 1940, 88 pp.) This book, published in England, points out dietary problems brought about by war and how the British are solving them.

Food and Nutrition

WHAT YOU NEED TO KNOW ABOUT VITAMINS. E. V. McCollum. (McCall's, Vol. 68, No. 4, January 1941, pp. 40.) Contains a table showing the amount of food required a day to satisfy the needs of an adult for each of the vitamins, A, B, C, D and G.

Food and Nutrition

CANDYING OF FRUIT IN BRITISH COLUMBIA WITH SPECIAL REFERENCE TO CHERRIES. F. E. Atkinson and C. C. Strachan. (The Fruit Products Journal and American Vinegar Industry. Vol. 20, No. 5, January 1941, pp. 133-135.) This article explains how fruit is candied commercially. Some processes described might be carried on in the home. It especially mentions red cherries, green cherries, maraschino, and apricots, peaches, and pears.

Food and Nutrition

HIGHLIGHTS FROM THE DIETETIC CONVENTION. (Forecast Magazine. Vol. 56. No. 10. December 1940, pp. 585, 616.) A report on some discussions which took place at the American Dietetic Association meeting in October 1940. It places particular emphasis on points brought out about fads in diet.

Food and Nutrition

THE MARCH OF THE VITAMINS. (Bakers' Review. Vol. 82, No. 1, January 1941, pp. 10.) This article discusses the addition of vitamins to bread and gives a word of caution to bakers, stating that, if vitamins are included in the loaf, it should be bread, not vitamins, that constitute the object of the sale.

APR 2 1941

United States Department of Agriculture
EXTENSION SERVICE

No. 462. March 19, 1941.

TO HOME-ECONOMICS EXTENSION WORKERS:

Herewith are given references to certain books and home-economics literature that may be of interest to you. Before writing for further information about these references, please consult your librarian.

Sincerely,

Edith L. Allen

Edith L. Allen
Assistant Home Economist.

Education — NUTRITION EDUCATION THROUGHOUT THE SCHOOL PROGRAM. James F. Rogers, Helen K. Mackintosh, Susan M. Purson. (School Life, U. S. Office of Education, Federal Security Agency, Washington, D. C., Vol. 26, No. 5, February 1941, pp. 131, 132, 136.) This article outlines what should be taught to children in elementary grades regarding the planning for nutrition, and better health. It also discusses nutrition in adult education.

Education — SAFETY AND SAFETY EDUCATION: AN ANNOTATED BIBLIOGRAPHY. (National Education Association of the United States, Washington, D. C., 1939, 64 pp. paper cover.) An annotated bibliography which covers such subjects as adult safety, driver instructions, fire safety, first aid, school safety, highway safety, home safety, safety in plays and in other recreational activities.

Education — HOME ECONOMICS EDUCATION. (Federal Security Agency, U. S. Office of Education, Washington, D. C. Misc. 2000, September 1940. Processed.) A report of the Twenty-Second Annual Winter Regional Conference in Home Economics Education. It contains reports of a discussion on the needs of young people, needs of adolescents, growth of adolescents, factors which influence the way in which the needs of the individual are met through education, and the like, and a resume of the findings of the study on predicting success or failure in marriage.

Handicraft

KNOTS FOR A HOBBY. Arthur A. Stuart. (Popular Science, Vol. 137, No. 2, August 1940, pp. 102-105, 215.) With a large number of illustrations, this article shows various types of knots and how knotting may be used in making belts, purses, and trimmings for clothings.

Handicraft

AMERICAN CRAFTMANSHIP IN GLASS. Richard E. Glendinning, Jr. (Country Life, Vol. 79, No. 3, January 1941, pp. 28-31, 46-47.) This article points out characteristics of various types of old American glass. It also mentions some present-day manufacturers of fine glass.

Handicraft

TERRA COTTA STAMPS OF AZTECS AND ANCIENT ECUADOR INSPIRE A MODERN PRINT COLLECTION. M. D. C. Crawford. (Women's Wear Daily, Vol. 62, No. 12, January 17, 1941, pp. 6, illus.) This article describes a method used by Aztecs in ancient Ecuador by which cloth was printed with terra-cotta stamps. These stamps were believed to have been imprinted on textiles and to have been used in outlining pottery design. They were more generally used to decorate the human body for their many ceremonial occasions. A collection of these stamps is exhibited in the Brooklyn Museum.

Handicraft

WEAVING: FOR FUN AND BUSINESS. Lucile Smith. (The Ohio Farmer, January 11, 1941, pp. 17.) This article discusses activities of a number of women who have become interested in home weaving, and tells how they have built up a business for themselves. It describes some woven treasures.

Handicraft

SEALING WAX CRAFT. (Kentucky Farmer's Home Journal, Vol. 77, No. 2, February 1941, pp. 17.) This article tells how plates and other material may be decorated with sealing wax.

Handicraft

NEW APPROACH TO LACE DESIGN TRACES ART FROM DAWN OF HISTORY TO MIRACLE LOOM OF TODAY. M. D. C. Crawford. (Women's Wear Daily, Vol. 62, No. 28, February 10, 1941, pp. 8.) A description of the manufacture of old lace on looms. Thirteen illustrations show the construction of laces, made over a period of many hundred years. The article says that lace is older than cloth, and that there are examples from the Swiss lakes region at least 10,000 years old.

Handicraft

SQUARE KNOTTING. Kenneth Murray. (Popular Science. Vol. 137, No. 2, August 1940, pp. 172, 173.) This article tells how the square knot is used in making many ornamental articles, such as small ropes.

Social

CONCEPTS OF MARGINALITY IN RURAL POPULATION STUDIES. Robin M. Williams. (Rural Sociology, Vol. 5, No. 3, September 1940, pp. 292-302.) This article discusses various concepts of marginality in rural groups. It says that there are three types, social welfare, cultural, and economic. "Cultural" affects the knowledge of how to do things and also the ideas that rural groups have about them. "Marginal groups" refers to groups that do not have the means to get what they want or need, and "social welfare" refers to those whose standards are low as regards attributes such as morality and neatness. The article brings out many problems which arise in dealing with these groups.

Social

CONTRASTS IN URBAN AND RURAL FAMILY LIFE. J. Roy Leevy. (American Sociological Review, Vol. 5, No. 6, December 1940, pp. 948-953.) This article is based on a study of a thousand families in Illinois living in a medium-sized town, and a thousand families in Illinois living in the open country. The average size of the families studies was 4.1 in the urban area, and 5.2 in the rural area. A table shows the comparative economic activities of these two groups. For example, 93.2 percent of the urban families used bakery products, whereas only 62.4 percent of rural families used them. Only 4.2 percent of the urban families raised a garden; 86.4 percent of the rural families raised one. Comparisons are made of the garments manufactured by family members, cleaned and pressed at home; the making of an annual family budget; eating at a restaurant; canning food; and the like. The percentage that owned their homes was higher for the rural families than for urban. Most urban families owned more furnishings, such as vacuum cleaners, radios, telephones, and pianos than did the rural group. Another table shows the participation of the two groups in various kinds of activities.

Social

FOUNDATIONS OF AMERICAN POPULATION POLICY. Winston, Lorimer, and Kiser. (Harper & Bros., New York, 1940, 13 + 178 pp.) This book discusses population trends in the United States; labor supply and natural resources; consumption patterns and population trends; population, investment, and economic enterprise; social aspects of population change; and the changing pattern of the family. The last chapter takes up ideas concerning a national population policy.

Social

SOCIAL EFFECTS OF THE WAR AND THE DEFENSE PROGRAM ON AMERICAN AGRICULTURE. Raymond C. Smith. (Journal of Farm Economics. Vol. XXIII, No. 1, February 1941, pp. 15-27.) This article discusses the number of farmers who may have to be moved from their present homes and some of the problems that will result from changes in locality. It also discusses which of the farmers will profit most and which least from the increased purchasing power of urban consumers. Attention is called to measures to prevent adverse social effects on farm families.

Housing — HOW TO LAY LINOLEUM FOR MOST SATISFACTORY SERVICE. (American Builder and Building Age. Vol. 62, No. 11, November 1940, pp. 75, 97-98.) This article gives instructions to a builder such as how to lay linoleum. Diagrams show the construction of the floor, the lining felt used below the linoleum, and the placement of the linoleum. It advises that cracks in old floors be repaired and tightened, and the floor smoothed before putting on the linoleum.

Housing — FINANCING YOUR HOME. C. Elliott Smith. (House & Garden, Vol. 79, No. 2, February 1941, pp. 18, 37.) This article explains the cost of running a home and gives a "rule of thumb" to guide the home buyer. It recommends that housing absorb 25 percent of the income for the average middle-class family.

Housing — THE HOMES THE PUBLIC BUILDS. Mrs. Edith Elmer Wood and Elizabeth Ogg. (Public Affairs Committee, Inc., 30 Rockefeller Plaza, New York, Public Affairs Pamphlet No. 41, 1940, 32 pp.) This pamphlet deals with urban houses, and includes statistics regarding crowding and other problems.

Housing — AN EXPERIMENT ON THE SOCIAL EFFECTS OF GOOD HOUSING. F. Stuart Chapin. (American Sociological Review, Vol. 5, No. 6, December 1940, pp. 868-879.) A report of a study of the effects of good housing in Minneapolis as compared with its slum conditions, in connection with the housing project there. A method of making the study is presented. The author says that final proof that the gains of the residents are due solely to their improved housing cannot be claimed, as the only factor that was comparable was that residents in one group were in the better-housing project, and the others were in the slums. However, the study does conclude by saying that this study does not disprove former ones.

Housing — WHEN IT'S TIME TO MAKE A HOME. Maria Morris. (Kansas State College, Division of Home Economics Bulletin No. 13, September 1939, 64 pp., paper.) This bulletin is designed for the bride-to-be. It discusses the family, its interests and activities with reference to its need for shelter; the planning of the home, and its furnishings.

Housing — WITH THEIR OWN TWO HANDS. (House Beautiful, Vol. 82, No. 11, pp. 64-65, December 1940.) This article tells how a man and his wife remodeled an old house with their own hands, making it into a beautiful home at a cost of only a few hundred dollars for the original building.

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

No. 463

March 26, 1941

TO HOME-ECONOMICS EXTENSION WORKERS:

Herewith are given references to certain books and home-economics literature that may be of interest to you. Before writing for further information about these references, please consult your librarian.

Sincerely,

Edith L. Allen

Edith L. Allen
Assistant Home Economist.

Social

BUILDING RURAL COMMUNITIES. Mrs. Raymond Sayre. (Rural America, Vol. 18, No. 8, November 1940, pp. 3-8.) A discussion of difficulties found in community approach to present-day problems. The author says that the community is the place where one has more or less intimate and personal contact with other people, that because of this familiarity with them we are likely to be blind to the faults of our community as well as to those of our immediate family. Conflicts and other problems which arise in extending the community to larger areas are pointed out. The problem is shown of planning for this community life in which planning the author says, we must have a sense of humor, also a clear understanding of problems, but the solutions must be of such nature that people following them can live effectively.

Social

SPEAKING OF SERVANTS. Edith M. Barber. (Whittlesey House, New York, v + 256, 1940.) This book discusses the problem of household employment and gives the opinion of the author as to what creates the problem. The other chapters are: Housekeeping as a career; engaging an employee; those important first days; the general houseworker; part-time workers and the two-employee problem. The last part of the book is given over to instructions for carrying on the housework in general. It contains instructions for removing stains from laundry; menus for parties and other events; dishwashing; how to make beds; and other household tasks.

Housing — CALIFORNIA HOMES PLAN BOOK. (California Homes Publications, Inc., 557 Market Street, San Francisco, Calif. 1939, 118 pp.) This book is a compilation of plans for California and surrounding areas.

Housing — DEFENSE WORKERS RUSH TO BUY SECURITY HOMES AT $22 PER MONTH. Joseph B. Mason. (American Builder and Building Age, Vol. 62, No. 9, September 1940, pp. 34-37, 100-101.) This article tells of a housing project at Chicopee, Mass., which has a rental value of $22 to $29 a month per house. At this price the tenant eventually becomes an owner.

Housing — DO YOU KNOW YOUR WOODS? Frank Curtiss Schmitz. (Country Life, Vol. 79, Dec. 1940, No. 2, pp. 36, 37, 39, 61, illus.) An article on furniture woods and their various characteristics. The introduction, however, gives characteristics common to all woods and which have to be considered in making a selection. Then follows a short description of each wood, such as mahogany, walnut, or the various oaks. Illustrations show characteristics of many of these woods.

Housing — HOW TO REFINISH YOUR FURNITURE. (House Beautiful, Vol. 83, No. 1, January 1941, pp. 51, 85.) This article describes how to renew old finishes and put new finishes on furniture.

Housing — SOUND ADVICE. (Better Homes & Gardens, Vol. 19, No. 4, December 1940, pp. 22, 60.) An article on soundproofing, which shows various methods of using soundproofing material in partitions and on walls in blocking out noise. Illustrations show how the insulation is placed. The article also advises sound-zoning of the house in order to make it more satisfactory. This would involve grouping together the noisy rooms, such as kitchens and recreation rooms.

Housing — THE REDUCTION OF NOISE IN BUILDINGS. A. H. Davis and C. J. Morreau. (Great Britain - Department of Scientific and Industrial Research, His Majesty's Stationery Office, London, England, No. 26, 52 pp., 1939, paper.) A report of research work carried on in England.

Housing — GENERAL ENGINEERING HANDBOOK. C. E. O'Rourke. (McGraw-Hill Book Co., Inc., New York. 1940, xi + 1120.) Part of this book contains information of structural materials for houses. It is highly technical but defines clearly some questions that might arise in a specialist's mind.

TENTATIVE REVISION OF THE SYLLABUS OF HOME ECONOMICS.
Education (Journal of Home Economics, Vol. 32, No. 10, December 1940, pp. 676-680.) The fourth of a series of outlines or syllabi for the teaching of home economics. This particular one deals with food and nutrition. It lists all items to be brought out in a course on this subject.

PROGRAMS OF ADULT EDUCATION. Robert W. Crawford.
Education (Journal of Adult Education, Vol. 12, No. 4, October 1940, pp. 513-515.) Under the general heading, Programs of Adult Education, the author discusses various housing projects in the vicinity of New York City, particularly the Red Hook project with a rent-free community center. Edward R. Schlesinger points out that a housing project is not merely a place in which people live but one in which many of them make a new start in life where previously they saw no means of escape from a slum existence. In the same article, Charles Hogan says that most of the adult education in our housing projects in America is still on paper. We lack experience, and foreign experience can give us only suggestions; therefore, for some years to come, housing projects should be experimental and flexible. He warns that adult educators must not be extreme in presenting the program to new tenants but should start with their natural interests. The projects he suggests include parent education, consumer education, crafts, furniture making, repairing, decorating, and social studies.

HOME ECONOMISTS IN A COMMUNITY HEALTH EDUCATION PROGRAM.
Education Lucy S. Morgan and Beatrice Hall Kneeland. (Journal of Home Economics, Vol. 32, No. 10, December 1940, pp. 657-664.) This article outlines the part that the home economist should play in community health education. It includes the program drawn up by a committee appointed for this purpose. Some recommendations are educational in various aspects of home life, such as learning the use of new and modern kitchen equipment, the establishment of classes for interested persons, to be conducted at community center, demonstration units to be arranged in connection with the above classes. These will later be routed about the city and placed on display in various sections where interest will be greatest. Home economics teachers of the Board of Education are to serve as consultants for these classes. For the repair and renovation of furniture, the industrial arts division of the Board of Education is to furnish instructors and equipment. Instruction also is to be given in small plots for gardening. The plan is for the county farm bureau to aid in this project.

Personal

EUGENICS AND FAMILY RELATIONS. Paul Popenoe. (The Journal of Heredity, Vol. 31, No. 12, December 1940, pp. 532-536.) This article discusses guidance in the choice of a mate; help in starting marriage successfully; help in staying married; helping people to have children and rear them well; finally, the whole community needs to become family-minded. It says that the divorce mill terminates many undesirable marriages and allows the superior party, if there is one, a chance to make a second and more desirable marriage. However, it is hard to believe that the mounting divorces represent a clear eugenic gain.

Personal

THE RELATIONSHIP BETWEEN BASAL PHYSIOLOGICAL FUNCTIONS AND INTELLIGENCE IN ADOLESCENTS. Nathan W. Shock and Harold E. Jones. (The Journal of Educational Psychology, Vol. 31, No. 5, May 1940, pp. 369-375.) This article is a report of a study made at the University of California on the relation between basal physiological functions and iltelligence in adolescents. Eighty-seven 14-year-old children were examined, and no correlation was found between the measurements of pulse rate or blood pressure taken in the basal state and mental performance. The Terman group test was used. Also, no significant correlation was found between basal oxygen consumption and performance when using the same group of tests. These results differ from those reported by Hinton and some other investigators.

Personal

THE SELF YOU HAVE TO LIVE WITH. Winfred Rhoades. (J. B. Lippincott Co., Philadelphia. 1938, pp. 182.) The author says in the foreword that the world of one's own creating is the subject of this book. The title of the chapters are: Creating a self to live with; Learning how to live; Turning unadjustment into adjustment; The art of not worrying; Relaxation and power; It is the soul that needs treatment; Dealing honorably with one's self; and The task of life. It also says that thought habits and emotion habits are a matter of training just as any other art and that the greatest success of all is the success of the spirit that keeps itself undefeated and aspiring whether life is easy or hard, successful or unsuccessful, happy or unhappy, and finally that worry is a sign of resentment.

Personal

PERSONALITY AND ETIQUETTE. Lillian N. Reid. (Little, Brown and Co., Boston, 1940. pp. viii + 280, illus.) This book is intended for the use of young people and as a school text. It concerns every-day problems of etiquette and good grooming. Each paragraph presents some one problem.

United States Department of Agriculture
E X T E N S I O N S E R V I C E
Washington, D. C.

No. 464. April 2, 1941

TO HOME-ECONOMICS EXTENSION WORKERS:

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Sincerely,

Edith L. Allen

Edith L. Allen,
Assistant Home Economist.

Equipment — MAKE IT EASY. Irene K. Braun. (Practical Home Economics. Vol. 18, No. 10, October 1940, pp. 290, 291.) An article which tells how to make and cover clothes closets and dressing tables. It lists the amount of material to be used. These furnishings are made from lemon or orange boxes.

Equipment — LOW COST FURNISHING. Henrietta R. Sivyer. (Forecast. Vol. 57, No. 2, February 1941, pp. 23-26.) This article describes the selection, finishing, and construction of low-cost house furnishings.

Equipment — SENSATION OF WARMTH AS AFFECTED BY THE COLOR OF THE ENVIRONMENT. F. C. Houghton, H. T. Olson, and John Suciu, Jr. (Illuminating Engineering Society Magazine, Vol. 35, No. 10, December 1940, pp. 908-914.) A progress report of studies made on whether the effect of color gives the sensation of warmth. It appears that color has no effect.

Equipment — PROGRESS IN RATING RESIDENCE LUMINAIRES. William F. Little. (Illuminating Engineering Society Magazine, Vol. 35, No. 10, December 1940, pp. 981, 994; Appendix pp. 995-1000.) An article on specifications for residence luminaires. Also an appendix giving the specifications. This article describes whether luminaires are close to the ceiling, pendant, the kind of shade, decoration, area that they cover, and other factors.

Equipment

OPERATING RESULTS OF A RESIDENCE RADIANT WALL HEATING SYSTEM. E. J. Rodee. (Heating, Piping, and Air Conditioning. Vol. 13, No. 1, January 1941, pp. 53-56.) This article reports research carried on in West Haven, Conn., on wall heating of houses. It states that the wind movement appreciably affected the heat loss or fuel consumption, but the effect of sunshine caused no significant influence in the cost of operation. It explains how radiators were installed in the wall section to heat the air in the stud space of either outside or inside walls, the air, in turn, heating the plaster, which becomes the radiation surface. These radiators were of two types, a double-type section and a single-type section. The double-type was "L" shaped for use in inside walls; the single type was a straight vertical section with fins on one side only, for installation in either outside or inside walls.

Equipment

THIS BUSINESS OF BUYING FURNITURE. Frank Curtiss Schmitz. (Country Life, Vol. 79, No. 4, illus., February 1941, pp. 30, 31.) An article which discusses the construction of furniture; but it says that the best way to get good furniture is to buy from a recognized dealer.

Equipment

THREE TYPES OF COOKING UTENSILS. (Consumer's Research Bulletin, Vol. 10, No. 2, General Bulletin series, January 1941, pp. 8-10.) A report of a study made to show effects of cooking in utensils of three types, of which one utensil was of the pressure-cooker type with a flexible spring lid, steam vent. It was found that the flow of gas needed to maintain pressure in the pressure cooker was so much greater than that necessary to maintain boiling in the other kettles that there was no great saving in gas consumption even though the cooking time was much less for each vegetable. The cooking time, however, was from one-fourth to one-half that necessary in the other types of cooking pans.

Equipment

NEW HEATING UNITS FOR THE SMALL HOUSE. (House & Garden, Vol. 79, No. 1, January 1941, pp. 44-46.) This article, with nine illustrations, explains the operation of a number of new heating units for small homes. Some units are designed to be placed in the basement; others may be used in a first-floor service room. Part of them are operated with gas; others have stokers.

Equipment

ELECTRIC STEAM IRONS. (Consumers' Digest, Vol. 8, No. 3, September 1940, pp. 12-17.) This article and three diagrams show the arrangement of the perforation in the shoe of the flatiron for steaming garments. It also discusses the advantages and disadvantages of each.

Handicraft

POTTERY CRAFT. J. A. F. Divine and G. Blachford. (Frederick Warne & Co., Ltd., New York City, 1939, pp. x + 85.) This little book with drawings explains, step by step, the method of forming clay articles by various processes, such as coiling, pressing, throwing, turning, and casting. It also tells how to apply glazes and fire the finest articles.

Handicraft

UNITS IN ETCHING, SPINNING, RAISING & TOOLING METAL. Robert E. Smith. (The McCormick-Mathers Publishing Co., Kansas, 1939, illus., 56 pp., paper cover.) This book is designed as a classroom text and explains step by step the process of making metal articles. It pictures the tools and patterns used and steps in working the metal.

Handicraft

HOW TO MAKE A DOLL HOUSE AND OTHER HAND-MADE GIFTS. Thomas Randle and S. P. LeSueur. (Home Institute, Inc., 1939, illus., monograph, 39 pp.) This book tells how to make playthings for children including, as the title indicates, a doll house and its furnishings.

Handicraft

BEGINNING OF FABRIC BEAUTY GLEAM IN ANCIENT JEWELRY. M. D. C. Crawford. (Women's Wear Daily. Vol. 62, No. 17, January 24, 1940, pp. 20-21, illus.) The article with illustrations gives the history of some earlier jewelry of South America, including Peru, and also discusses certain examples of old-world jewelry, such as a headdress of delicate filigree of gold for an Egyptian princess of the ancient Nile.

Handicraft

NEW IDEAS FOR HANDMADE RUGS. Elizabeth Varick. (Home Institute, Inc., New York City, N. Y., 1940, 39 pp.) This bulletin gives directions including the number of inches of material and steps in making rugs of several kinds, including hooked, braided, crocheted, tufted candlewick, woven, Navajo, woven rugs Oriental style, cartwheel, needle-point, Persian, and applique.

Handicraft

A STORY IN CLAY. David Donoho. (Rural America. Vol. 18, No. 9, December 1940, pp. 3, 4.) The author describes the work in the schools of Breathitt County, Ky., where students are working with clay. This native material is found in abundance throughout many parts of Kentucky, Tennessee, and adjoining States. He says it is a great pity that in many places, including Kentucky, great deposits of almost perfect clay are not being used.

Food and Nutrition

BETTER BUYMANSHIP. No. 6, Meat. (Household Finance Corp., Department of Research, Chicago, Ill., 1940. pp. 41, illus.) This bulletin discusses the buying of meat, including such factors as what determines meat prices? What does Government inspection mean? How is meat graded? How can meat of good quality be recognized in the retail market? How are sausages classified? What are meat specialties, their characteristics, and how should they be cooked? How should meat be cared for in the home? It also gives some facts about the cost, care, and cooking of frosted foods, canned meats, and the cooking of meat in general. It also devotes a section to carving.

Food and Nutrition

VITAMIN H IS NOW IDENTIFIED. Wisconsin, Texas, and Cornell Scientists Study Biotin and Experiment with Chickens. (Flour & Feed. Vol. 4, No. 5, October 1940, pp. 12.) This article, as the title indicates, discusses vitamin H which has now been identified. Tests made on experimental animals revealed that all vital organs and fluids in the body contain exceedingly minute amounts of biotin. This study was carried out on chickens. It is presumed that unless there is an excess, biotin is destroyed by egg white.

Food and Nutrition

COOKING FATS AND OILS. (Consumers' Research Bulletin. Vol. 7, No. 2, pp. 5-8.) This article discusses reports of research on cooking fat and oil, some of which have been made by agricultural colleges. Some findings may be also credited to the organization putting out this magazine. The report says, among other things, that, so far as physical properties go, plain lard for use as a shortening is superior to any of the hydrogenated fats now on the market. It also claims that it has the highest nutritive value. The article also says that oils made from such good flavored foods as peanuts, olives, and corn should be suited to human consumption, but that the process of hydrogenization destroys certain acids which are valuable food substances in natural fats. It urges that the food, drug, and cosmetic ads should be extended to show the kind of oil or fat and the amount of processing of each in various compounds. It sets forth the value of home-rendered fats, such as can be collected from poultry, fats, or bacon frying.

Food and Nutrition

WHAT MAKES FOODS GO RANCID TOLD BY EDIBLE-OIL EXPERTS. (Food Industries, Vol. 12, No. 11, November 1940. pp. 67.) This brief article says that the conclusions drawn from a study of food rancidity are that oils and fat keep longest by excluding, so far as possible, objectionable metals, particularly copper; keeping the oils in the dark where they are not exposed to violet, ultra-violet, and blue regions of the spectrum which promote rancidity. Also they should be kept from those regions of the spectrum reactive in catalyzing rancidity. Other methods of preventing acidity are also mentioned, such as the action of anti-oxidents. Cereals present a special problem.

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

No. 465

April 9, 1941.

TO HOME-ECONOMICS EXTENSION WORKERS:

Herewith are given references to certain books and home-economics literature that may be of interest to you. Before writing for further information about these references, please consult your librarian.

Sincerely,

Edith L. Allen

Edith L. Allen
Assistant Home Economist.

General

NEW HORIZONS IN RADIO. The Annals of the American Academy of Political and Social Science, January 1941, Vol. 213, pp. 243. The Arthur Garfield Hays' article, entitled "Civic Discussion Over the Air," says the radio is a poor medium for the transmission of detailed facts or conflicting arguments. It indicates that the printed word or article is of value in supplementing informational talks to the radio audience. From an article one can reread a line or reread figures, but few people listen to the radio with a pencil in their hands, for it is almost impossible both to keep up with the speaker's thought and to jot down figures.

Sherwood Gates' article discusses radio in relation to recreation and culture. It points out the fact that we lack means for determining the significance of cultural impacts made by radio broadcasts. It explains why some types of recreational and cultural broadcasts have been successful and some have not. Successful types include those bringing to parents suggestions for home games, rainy-day activities, music and dramatics. Instruction in simple craft work has also been successfully guided in the homes. Television is a great aid in this latter form of project.

Management

CONSUMERS ALL. NATIONAL PROBLEMS SERIES. Joseph Gaer. (Harcourt, Brace & Co., New York, 1940, 208 pp.) Contents: Buying a living; A new frontier; Consumer responsibilities; Balancing the family budget; What every consumer should know; A code for consumers; The consumer movement; Cooperatives in the United States; There ought to be a law; Future consumer legislation; Fifteen consumer projects and topical bibliography; Leading consumer groups; Quality grades of twenty products; Consumer terms in daily use; Ten books every consumer should read; and the Index.

Management

PRINCIPLES AND METHODS OF MONEY MANAGEMENT: George Clark Cartoons. (Research Department Household Finance Corporation, Chicago, 1941, 9 pp., illus.) A series of cartoons which bring out some problems in following rule-of-thumb in money management, one cartoon being entitled "You can't be an average family." This shows two men of very different build. The second part of the book is given over to methods of money management, the last cartoon of which is entitled "Money can't buy the best things." This shows two little waifs looking at a picture of a rural scene and saying that they would like to go out and see it sometime.

Management

HOW TO MAKE A BED. Helen W. Kendall. (Good Housekeeping, Vol. No. 1, January 1941, pp. 104-108.) With a series of seven illustrations having complete legends, this article tells how to make a bed properly.

Management

PERSONAL FINANCE COMPANIES AND THEIR CREDIT PRACTICES. No. I. STUDIES IN CONSUMER INSTALMENT FINANCING. Ralph A. Young and Associates. (National Bureau of Economic Research, Inc., 1819 Broadway, New York, 1940, xiii + 170 pp.) The book takes up various personal finance credit companies and tells how they operate, the cost of loans, and how borrowers are investigated. One part of the book is given over to expense and income, and the cost involved in borrowing money, which is often not considered.

Management

GOVERNMENT AGENCIES OF CONSUMER INSTALMENT CREDIT. No. 5. Financial Research Program: Studies in Consumer Instalment Financing. Joseph D. Coppock. (National Bureau of Economic Research, Inc., 1819 Broadway, New York, 1940, xvii + 216 pp.) This book tells how to obtain loans from Government lending agencies, as well as methods followed in making loans, and where and when loans are placed. Part 2 treats of loans obtained from the Electric Home and Farm Authority.

Social

AGGRESSIVE BEHAVIOR IN YOUNG CHILDREN AND CHILDREN'S ATTITUDES TOWARD AGGRESSION. Mary Delafield Fite. (The Journal Press, Provincetown, Mass., Genetic Psychology Monographs, 1940, Vol. 22, No. 2, 319 pp.) Articles by authorities on the subject of child development: Attitudes toward aggression and degree of aggressive behavior; Influence of parental and group attitudes on the child's attitudes towards aggressive behavior; The child's personality and his attitudes toward aggression; The role of the teacher in the formation of attitudes toward aggressive behavior. The last article is a summary and interpretation. The summary states that many of the child's attitudes toward aggression were conditioned by that of the parents, and one of the techniques by which to fulfill the child's needs and to provide real learning from experiences with aggression is to help him in finding a solution to his immediate problem without openly implying any reproof or in any way changing the direction of his activity. When a teacher furnishes a child with a way of handling a situation which answers conflicting demands, she is teaching him what he is asking to know.

Social

QUESTIONS YOU WANT TO ASK YOURSELF ABOUT CHARM. (Forecast, Vol. 57, No. 1, February 1941, pp. 36-37.) Although this article is written for young girls, it applies to other people as well. It points out little habits, mannerisms, and characteristics that spoil impressions people make, or which are annoying to other people.

Social

MIGRATION AND RURAL POPULATION ADJUSTMENT. Conrad Taeuber. (Rural Sociology, Vol. 5, No. 4, December 1940, pp. 399-410.) This article explains how a mobile population can maintain a balance between population and resources. The adjustments described are effected between the rural and urban centers of population in particular.

Social

THE ECONOMIC STATUS OF THE AGED AND SOCIAL PROGRAMS FOR THEIR SUPPORT. (Socio-economic Research Abstract Series of the Home Economics Education Service, Federal Security Agency, U. S. Office of Education, Vocational Education Division, Washington, D. C. Misc. 2230-6, September 1940.) This bulletin contains a series of references to publications which will be helpful to the home economics teacher in discussing the economic status of the aged and programs for their support.

Food and Nutrition

THE ECONOMY OF COMBINATIONS OF DAIRY PRODUCTS IN LOW-COST ADEQUATE DIETS. Aubyn Chinn and Grace Mary Gustafson. (Journal of the American Dietetic Association, Vol. 17, No. 2, February 1941, pp. 123-130.) A report on the study of low-income families in which milk was used in some diets. The cost of the food budget was from 8¼ to 11 cents per adult meal. Families in towns which had the increased milk consumption used concentrated milks to complete their quota. This brought the average cost of milk-equivalent to 8½ to 10 cents a quart. Not only the lack of milk but lack of knowledge of food values was responsible for many poor diets among these families. The use of milk provided an economical way of improving their diet, for the meals not only tasted better but cost no more.

Food and Nutrition

THE NEED FOR BETTER NUTRITION DURING PREGNANCY AND LACTATION. Bertha S. Burke. (Journal of The American Dietetic Association, Vol. 17, No. 2, February 1941, pp. 102-111.) This article discusses the nutrition of the expectant mother. A table outlines optimal daily requirements for average women.

Food and Nutrition

FRUITS IN THE DIETS OF CHILDREN. Harold H. Williams and Icie G. Macy. (Journal of The American Dietetic Association, Vol. 17, No. 2, February 1941, pp. 136-140.) A report from the Research Laboratory of the Children's Fund of Michigan. The report is part of a series of studies made on the chemistry of growth and nutrition in childhood. It says in connection that, whereas all foods are not alike in composition or equal in value with the orange and banana, they are not luxuries but good investments. They not only afford an excellent opportunity to increase health, but also give pleasure at the same time.

Food and Nutrition

THE EFFECT OF THE QUANTITY OF BASAL FOOD INTAKE UPON THE UTILIZATION OF VITAMIN A. Kathleen Dietrich Muelder and Eunice Kelly. (The Journal of Nutrition, Vol. 21, No. 1, January 1941, pp. 13-24.) This article describes research on the effect of basal food intake upon the utilization of vitamin A. The summary says that the influence of the quantity of basal food intake was responsible for the gain in weight following the intake of vitamin A. There was a highly significant reduction in number of "abscessed" areas among the experimental animals with the administration of vitamin A. The basal food intake shows statistically no influence upon incidence of abscessed areas.

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

No. 466. April 16, 1941

TO HOME-ECONOMICS EXTENSION WORKERS:

Herewith are given references to certain books and home-economics literature that may be of interest to you. Before writing for further information about these references, please consult your librarian.

Sincerely,

Edith L. Allen

Edith L. Allen
Assistant Home Economist.

Personal

THE FAMILY. Anthony L. Ostheimer. (The Catholic University of America Press, Washington, D. C. 1939. pp. xvii + 240.) Offered as a dissertation for a doctor's thesis, this book discusses family relationship as set forth by Thomas Aquinas. In conclusion, the book points out the equality of woman with man as an intellectual being, and the obligations of husband and wife to the common good of society. It says, without detracting in any way from the purposes of marriage for continuation of the race the more recent interpretation of values of family life would place more emphasis on the specifically human ends, such as the perfecting of conjugal love, the advantages of mutual assistance and the development of the personality of husband and wife.

Personal

SOAP FACTS AND FALLACIES. (Forecast, Vol. 57, No. 2, pp. 39-41.) This article describes the manufacture of soap and reactions to different kinds used in water that is too hard or too soft. It says, for example, vegetable oil does not guarantee a gentle soap, and purity cannot be measured in percentage; color does not indicate quality; some soap does not dissolve grease; there is no relationship between the brand of soap and the bathtub ring; only a few people with sick skin cannot tolerate soap; and profuse lather is not a mark of quality, for certain high-grade soaps lather very poorly.

Clothing and Textiles

ANTI-SCATTER NETS AND WINDOW GLASS SUBSTITUTES. By "Bartex." (Textile Recorder, Vol. 58, No. 692, pp. 14, 17.) The article shows pictures of four kinds of net or scrim that make satisfactory substitutes for glass or may be used to prevent its shattering. It tells how pasting fabrics on glass windows prevents shattering and injury by explosions. It says that adhesive tape has been used but cotton net applied with flour paste is more effective. If in the pasting there is any defect, the net can be readily peeled off and put back on. Nottingham nets are among the fabrics recommended for this purpose. Some net is sold with paste already in it so that when wet it can be applied quickly but, in case of bombing, one kind of break occurs in which a window is blown into the street, and another in which it is blown into the room.

Clothing and Textiles

GLOVE IN HAND. Hazel Howard. (Practical Home Economics. Vol. 18, No. 10, October 1940, pp. 293, 294.) An article on buying of gloves. It speaks of 60 operations performed in making a pair of leather gloves which is satisfactory in style, fit, and workmanship. Illustrations show gloves of several designs. Various kinds of leather are discussed.

Clothing and Textiles

COLONIAL STYLES CAN LIVE AGAIN! M. D. C. Crawford. (Women's Wear Daily, Vol. 62, No. 31, February 13, 1941, pp. 6.) A brief item with illustrations suggests Colonial dress styles as motifs for modern designs.

Clothing and Textiles

ARE YOU AN UGLY DUCKLING? Pauline Crook. (Forecast. Vol. 57, No. 1, January 1941, pp. 26-28.) This article points out how by proper grooming an ugly duckling may be greatly improved. It gives instructions for better grooming.

Clothing and Textiles

TAKING THE HOME OUT OF HOMEMADE GARMENTS. Ruth Taylor. (What's New in Home Economics. Vol. 5, No. 6, February 1941, pp. 30 - 31, 64.) This article says in order to take the "home-made" out of garments, there must be patience, a flatiron which is used, and an effort to improve sewing methods. It describes how to cut out a garment and put it together.

Clothing and Textiles

FASHION SIGNIFICANCES. (Women's Wear Daily. Vol. 62, No. 22, January 31, 1941, pp. 4.) This article explains how a change in shoulder line affects the design of dresses and other garments.

Equipment

FHA PLANS A KITCHEN. (What's New in Home Economics. Vol. 5, No. 6, February 1941, pp. 16, 17, 76.) This article tells how the Federal Housing Administration plans a kitchen. It says among other things that through studies a minimum of 60 square feet of total floor space will meet requirements of a typical well-planned home, although larger dimensions are preferred. Twenty-four or more square feet of floor space should be allowed for a dining nook. Similar recommendations are made.

Equipment

HENRY FORD, COLLECTOR. (House & Garden. Double Number. American Trends in Decoration Section, February 1941. pp. 26, 27, 42, 43.) This article with numerous illustrations present the designs of earlier silversmiths, potters, and glassmakers.

Equipment

RURAL ELECTRIFICATION: A FIELD FOR SOCIAL RESEARCH. JOHN KERR ROSE. (Rural Sociology, Vol. 5, No. 4, December 1940, pp. 411-426.) This article tells how farm users of electricity have now increased to two million, and then takes up questions such as: Does electrification increase farm income and farm value? What effect does it have upon migration and tenancy? How does the farmer use his electricity, and does he have leisure because he has it? A chart shows where rural electrification is largely centered. Answers are given to the questions mentioned.

Equipment

EVAPORATING COOLING MAP. A. J. Rummel. Indicates Sections of United States Where Climate Makes Direct Evaporative Cooling for Comfort Practical. (Heating, Piping and Air Conditioning, Vol. 13, No. 1, January 1941, pp. 43-44.) This article, with an accompanying map, shows areas in the Southwestern United States where evaporative cooling can be successfully used long enough period of time to be worth while.

Equipment

FOUR DECORATORS' TRICKS AND HOW TO DO THEM YOURSELF. (House & Garden. Vol. 79, No. 2, American Trends in Decoration Section, February 1941, pp. 42-44.) With a series of illustrations and diagrams this article tells how to make slip covers, covers for dressing tables, bedspreads, and curtains.

Equipment

BROOMS AND POLISHING BRUSHES. (Consumers' Digest. Vol. 9, No. 2, February 1941, pp. 8-10.) This article is abstracted from Farmers' Bulletin 1934, entitled "Housecleaning, Management, and Methods." Describes brooms of different types and tells where each is most useful.

Food and Nutrition

WINTER SALADS. Lillian R. Carque. (Vegetarian Fruitarian-Humanitarian, Vol. 40, No. 10, October 1940, pp. 13-16.) This article emphasizes the importance of salads and similar green dishes for use in winter, and various ways of preparing them to make them attractive and appealing to the appetite.

Food and Nutrition

OUR ADVANCING KNOWLEDGE OF THE NUTRITIONAL VALUE OF MEAT. Zachary A. Blier. (What's New in Home Economics, Vol. 5, No. 5, January 1941, pp. 24, 25, 31.) This article, in discussing meat, points out its value in vitamin B complex. A small table shows the number of micrograms and milligrams present in such food as beef, lamb, veal, pork, liver, heart, kidneys, sweetbreads, and brains.

Food and Nutrition

VITAMIN SWEETS. (The Journal of the American Medical Association, Vol. 116, No. 3, January 18, 1941, pp. 232-234.) This article discusses advantages and disadvantages of using vitamin in sweets such as are now being prepared in great quantity for shipment to England. It tells why sending vitamins over to the British in this way is wise but advises against Americans using the vitamin mixture, which is far from being a complete food. The sugar does not contain all vitamins necessary, and it lacks other essentials.

Food and Nutrition

TIME-COST CONTROL IN THE FOODS LABORATORY. Mary Kool Heiner. (Forecast, Vol. 57, No. 2, February 1941, pp. 29-31.) A report of a study made at Syracuse University on motions and methods of preparing foods in least time. Illustrations show methods of cutting up beans.

Food and Nutrition

Foods. Margaret M. Justin, L. O. Rust, and G. E. Vail. (Houghton Mifflin Co., Boston, 1940, 659 pp.) A revised edition of an older book which is intended for college courses.

Food and Nutrition

FOODS THAT PROVIDE VITAMIN B. (Hygeia, Vol. 19, No. 1, January 1941, pp. 44-45.) This article lists a large number of foods showing their vitamin B content.

Food and Nutrition

GOOD COFFEE. (Practical Home Economics. Vol. 18, No. 11, November 1940, pp. 348, 349.) This article discusses the many kinds of coffee pots now on the market, and gives instructions for making coffee with each type. It however, stresses the fact that a clean coffee pot is the first essential in making good coffee.

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

No. 467. April 23, 1941

TO HOME-ECONOMICS EXTENSION WORKERS:

Herewith are given references to certain books and home economics literature that may be of interest to you. Before writing for further information about these references, please consult your librarian.

Sincerely,

Edith L. Allen

Edith L. Allen
Assistant Home Economist.

Housing — COLONIAL 18TH CENTURY DECORATION. (House & Garden, Essentials of Colonial Design - Spring Gardening Guide, Vol. 79, No. 3, March 1941, pp. 41-44.) A chart showing colonial eighteenth century decoration in house interior finish and furnishing. Profusely illustrated.

Housing — 275 HOME IMPROVEMENTS. (House & Garden, 275 Home Improvements - Minor Repairs, Major Remodeling, Vol. 79, No. 3, March 1941, pp. 9-54.) This entire issue is given over to home improvements, such as: Foundation problems, weathertight interior construction, building a bay window, modernizing an old furnace, insulating against cold and heat, treating defects in exterior walls, and planning a stairway. Steps in making these improvements in the home are illustrated.

Housing — USEFUL CLOSET ACCESSORIES. Edna S. Sollars. (Consumers' Digest. Vol. 9, No. 2, February 1941. pp. 43-46.) This article discusses boxes, hangers, and the like used in keeping closets well organized. It says that the most convenient boxes are those that are opened by having a drop front so that you may determine the contents at a glance without removing the box from the shelf. It also says that fabricated boxes are the least expensive, and they are durable. If they are to be covered, glazed chintz is the best material, as it is dust-resistant and can be cleaned. Boxes with transparent sides are likely to become weak and brittle with time. It treats of hat stands in the same manner, also shelves, hangers, garment bags, and individual accessories.

Handicraft

WE VISITED GUATEMALA. Carolyn G. Bradley. (School Arts, Vol. 40, No. 3, November 1940, pp. 75-86, 9-a.) The story describes a trip to Guatemala in which the author observes various art features of the civilization of that country. Illustrates handicraft and design used on clothing, pottery, and other objects.

Handicraft

TRASH CRAFT. C. Rosenberg Foster. (W. M. Welch Manufacturing Co., Chicago, 1940, pp. 7 + 174.) This book tells how to make all sorts of things out of odds and ends. It is designed to help in developing creative activities. A list of material used for these purposes is given, and includes acorns, birchbark, cardboard, cigar stumps, corncobs, coffee grounds, fishskins, green moss, pine cones, sawdust, and thorns. Most articles are in the nature of pictures to be framed or they are to be used as table decorations.

Handicraft

BEDSPREADS. (The Spool Cotton Co., Book No. 158, 1941, 30 pp., paper.) This publication tells how to make crocheted, knitted, candlewick and other bedspreads.

Handicraft

POTTERY: ITS CRAFTSMANSHIP AND ITS APPRECIATION. Edmund deForest Curtis. (Harper & Bros., New York, 1940, pp. ix + 97.) Contents includes: Clays and their preparation; Forming; Drying and Firing; Glazes; Design; Laboratory techniques; The contemporary scene in ceramic art. This book gives, in addition to information on how pottery is formed and from what materials, the history of its development from early ages. Illustrations show examples such as the cuneiform tablet from Nippur, dated 1880 B. C., a jar from Etruria, 675-650 B. C., and figurines from the Tang dynasty between 618-907 A. D., and other examples from countries around the world, to the present time.

Handicraft

COLONIAL ARTS ARE RICH INSPIRATION FOR CREATORS OF MODERN SIMPLICITY. M. D. C. Crawford. Inspiration Series No. 2, Fairchild Library. (Women's Wear Daily, Vol. 61, No. 91, November 7, 1940, pp. 9.) In this article, illustrated with motifs taken from Fraktur printing, dishes, and other arts of the Pennsylvanians, is pointed out the desirability of Americans interested in design, becoming more familiar with crafts of Pennsylvania settlements of the eighteenth century. The Fraktur, or broken-line, printing, is an American survival of the European illuminated manuscript which was used in both birth and baptismal certificates, as well as prayer books and the like. It expresses the spirit and tradition of one form of early American ornament. With this are motifs on painted bridal chests and other articles of these home-loving poeple.

Clothing and Textiles

CROCHET IDEAS FOR EVERY OCCASION. (Spool Cotton Co., 350 Fifth Avenue, New York. Book No. 156, pp. 1-23, illus., 1940.) This booklet gives instructions for crocheting numerous dress accessories and articles for the home.

Clothing and Textiles

MODERNIZING CLOTHING INSTRUCTION. Evelyn M. Herrington and Edna P. Bryte. (Forecast, Vol. 57, No. 1, illus., January 1941, pp. 22-23.) With a number of illustrations this article explains some methods of remodeling dresses.

Clothing and Textiles

FASHIONS: INFORMATION PLEASE. Iris S. Davenport. (What's New in Home Economics, Vol. 5, No. 7, March 1941, pp. 12, 13, 60.) This article points out present-day fashion trends and the difference to be found in the forms of fashion of past seasons. It explains what is meant by the silhouette and the type that will be in use in the spring of 1941.

Clothing and Textiles

"WHAT DO YOU KNOW ABOUT FURS?" Paul W. Vortrefflich. (Women's Wear Daily, Vol. 61, No. 123, December 1940, pp. 16.) This article discusses steps in processing Persian lamb.

Clothing and Textiles

PHILOSOPHY IN CLOTHING. Morris De Camp Crawford. (The Brooklyn Museum, Brooklyn Institute of Arts and Sciences, 1940, 32 pp., paper.) This booklet is the result of an effort made by the Brooklyn Museum in promoting the American design of clothing. It gives the background of clothing design and various traditions relating to the use of tailored and draped garments.

Clothing and Textiles

UNHIPPY. Dorothy McKenzie. (Capper's Farmer, Vol. 52, No. 2, February 1941, pp. 52.) An article for girls. This article discusses present-day styles of girdles to be worn by young girls in their teens and early twenties. It also tells how to care for foundation garments.

Clothing and Textiles

RECENT ADVANCES IN TEXTILE TESTING METHODS. E. R. Schwarz. (Fibre and Fabric, Vol. 94, No. 2924, February 15, 1941, pp. 10-12.) This article discusses new tests for fabrics. It is intended for the trade but some tests are applicable for laymen's use. Some tests show the resilience of textiles, water resistance, and other factors. The test for resilience is particularly important for fiber such as used in blankets, and rugs. It does not describe the test in detail.

Food and Nutrition

THE CENSUS. (The Scientific Monthly, Vol. 52, No. 3, March 1941, pp. 291-292.) According to this brief item, the farm population of the United States is now only 25 percent of the total, in 1790 it was 95 percent. In this interim food habits of people have changed greatly, according to statistical reports. For example, as late as 1889 the average consumption of wheat a year was 223.9 pounds, in 1932 it was 162.2 pounds. The consumption of corn decreased from 117 to 21 pounds a year per capita. In 1920 there were 20,000,000 orange trees; in 1935, 39,000,000. The consumption, as well as the production, of other fruits was also greatly increased.

Food and Nutrition

THE CALCIUM CONTENT OF SOUTHERN CALIFORNIA HEAD LETTUCE AND ITS DISTRIBUTION IN THE OUTER AND INNER LEAVES. Marguerite G. Mallon and Florence P. Urey. (Journal of Home Economics, Vol. 33, No. 3, March 1941, pp. 182-186.) This research study was carried out in California. The results showed the the outer leaves, usually discarded in the retail market, represented about one third or more of the entire plant by weight and had a calcium content of about three times that of the remainder of the head. If head lettuce could be marketed with more of the outer leaves left on, there would be an increase in the calcium supplied by this commonly used food.

Food and Nutrition

NUTRITION AND DIET IN HEALTH AND DISEASE. James S. McLester. (W. R. Saunders Co., Philadelphia, 1940, 838 pp.) A revision of the book first published in 1927. The author says that since the older concepts of nutrition have undergone profound changes, this book has been entirely rewritten. The physician no longer tells his patient what he must not eat; he tells him what he must eat, which is a great advance in the science of nutrition. This book is divided as follows: The need for food and its utilization; Food products; Diet in health, and Nutrition in disease.

Food and Nutrition

THE DOCTORS TELL YOU WHAT TO EAT IN WAR TIME. (British Medical Association, London, (no date) 16 pp., paper.) A book which discusses the importance of good food as the keystone of good health, and the advantage to the housewife in time of war in understanding the nutritive value of food at her disposal. It explains in simple manner the meaning of supplying energy from food; and, protective foods. It points out what is the housewife's task in selecting food for the use of her family.

United States Department of Agriculture
E X T E N S I O N S E R V I C E
Washington, D. C.

No. 468. April 30, 1941.

TO HOME-ECONOMICS EXTENSION WORKERS:

Herewith are given references to certain books and home-economics literature that may be of interest to you. Before writing for further information about these references, please consult your librarian.

Sincerely,

Edith L. Allen

Edith L. Allen
Assistant Home Economist.

Personal — THE THERAPEUTIC EFFECT OF CRYING. Arthur N. Foxe. (Medical Record, Vol. 153, No. 4, March 1941, pp. 167-168.) This article discusses the effects of crying both upon adults and children. It says crying has a therapeutic value, in that it relieves tension; and many forms of illness show a tendency to recovery after a spell of weeping. It then discusses how crying of children should be watched in order to make it beneficial and not harmful. It also says that crying alleviates the impact of weaning from the mother.

Personal — THE PRINCIPLE OF COOPERATION IN BEHAVIOR. William Galt. (The Quarterly Review of Biology, Vol. 15, No. 4, December 1940, pp. 401-410.) This article discusses the question of whether cooperation is natural to the human race or not. It refutes in part the old theory that a child at birth is filled with antisocial tendencies and has to be trained away from constructive ego and antagonistic behavior. It then points out how cooperative various primitive people are and the value of certain forms of cooperation in our own civilization.

Personal — MY SON HAS A NEW JOB. Logan A. Scott. (Nation's Business, Vol. 27, No.11, November 1939, pp. 38-40, and 64.) In this letter a father tells a son who has been promoted to an executive position some of the things that may help him toward success. These recommendations can be applied by any office worker. It emphasizes the importance of accuracy, and of cordiality in relationship with other workers. It tells how to use the telephone and to deport one's self inside the office.

SOME EXAMPLES OF CORNER CUPBOARDS. Arthur C. Haskell.
Equipment (Pencil Points. Vol. 22, No. 12, December 1940, pp. 797-810.) As the title indicates, this article describes many examples of corner cupboards, and details of their construction are shown. Numerous illustrations and drawings with specifications are given.

FLOWERS: THEIR ARRANGEMENT. J. Gregory Conway.
Equipment (Alfred A. Knopf, New York, 1940, 139 pp.) This book suggests about 107 flower arrangements, beginning with Japanese motifs, and taking up informal balance; profuse informal arrangement; vertical arrangement, and other suggestions for arrangement of flowers. Illustrations are given for most types mentioned.

POTTERY OF THE EUROPEANS. Helen E. Stiles. (E. P. Dutton
Equipment & Co., Inc., New York, 1940, 250 pp. illus.) This book, with the illustrations, introduces the reader to European-made pottery and china for home decoration and table use. It is illustrated with fine examples of products of many countries, such as Royal Crown, Derby, Wedgewood, Jasper, etc.

WIND-BORNE RELIEF. B. N. Matthews. (Capper's Farmer,
Equipment Vol. 52, No. 2, February 1941, pp. 40, 62.) This article describes the use of generator propeller operated by the wind to produce electricity for the home. It describes the home equipment of a Mrs. Jones and how her electric lights, refrigerator, and vacuum cleaner operated by this device save her time and energy.

EFFECTIVE TEMPERATURE SCALE. (The Journal of the
Equipment American Medical Association, Vol. 116, No. 6, February 1941, pp. 474-477.) This article explains the meaning of the effective temperature scale which is a measure of human comfort in whatever environmental temperature one happens to be placed. It also shows a chart for determining this temperature. It is the effective temperature rather than the thermal temperature alone which results in comfort or discomfort.

HOW WOULD YOU HANG THEM? Louise Dale. (Successful
Equipment Farming, Vol. 39, No. 1, January 1941, pp. 42-43.) A discussion of hanging pictures in the proper places and at the proper level. It says among other things that a picture should never extend so low as to be partly obscured by some subject below it, as by a lamp; that small pictures should be placed so that they do not become almost lost in the wall spaces. Pictures look better when hung low and flat rather than tilting forward.

Child Care

WIDTH-WEIGHT TABLES (REVISED). Helen B. Pryor. (American Journal of Diseases of Children, Vol. 61, No. 2, February 1941, pp. 300-304.)

A discussion of the height, and weight tables as recently revised after making measurements of large numbers of children. It is important to have an adequate measuring rod to judge the nutritional status of the child; so far, weight alone has not proved adequate. This article presents a new table for the height, width, and weight for a 15-year-old girl. The table shows weight in pounds for height in inches in relation to bi-iliac diameter and for chest measure. The table is divided into three sections: For a narrow chest; a medium chest; and for a broad chest. Other tables are being constructed.

Child Care

INFLECTION POINTS IN THE FIELD OF BEHAVIOR. James S. Plant. (American Journal of Diseases of Children, Vol. 61, No. 2, February 1941, pp. 347-357.) This article points out the relationship between behavior problems and their illnesses, and how some behavior problems indicate disease. It says that as the convalescent moves on to recovery, progress can be judged largely by whether the child looks forward to returning to playground and school with happiness or with tense anxiety. It discusses a number of other similar reactions of children to situations in relation to their illness. It then discusses the kind of therapeutic job which the school can do in helping the child with a behavior symptom, one of which is running away. He thinks that the social worker is in a better position to handle these behavior problems than is the physician.

Child Care

CHILDREN IN THE FAMILY. A PSYCHOLOGICAL GUIDE FOR PARENTS. Florence Powdermaker, Louise Ireland Grimes. (Farrar & Rinehart, Inc., New York, 1940, 403 pp.) This book is divided into five parts taking up the care of children in infancy, the second year, two to six years, the early school years, and adolescence. In feeding the infant it discusses the mother's attitude, nursing, feeding habits and weaning. Under the second year, companionship, authority and anxieties are discussed. Similar topics are taken up under the other parts of the book.

TOTAL DEFENSE AND PUBLIC HEALTH. James Rorty.

Food and Nutrition

(Harpers Magazine, Vol. 182, No. 1090, March 1941, pp. 375-385.) This article discusses the nutritional condition of people in the warring countries, and then suggests some desirable measures regarding improvement of nutrition in this country. It says that one of the surprises sprung by the Nazis has been that soldiers born at the time of the last war, when there was so much shortage of food, are not only well trained, but notably vigorous and well nourished. It then raises the question whether Germans have discovered a secret nutritional weapon that makes ordinary feeding arrangements obsolete and unnecessary. It then says that the probable fact is the Nazis have made an early and systematic application of the science of nutrition to strengthen their armed forces, and that in reality they are no better informed in this field than are Americans. It then points out how more recently the British have been forced to realize that nutrition science is as much a part of modern defense warfare as aircraft guns and balloon barrages. It then discusses various vulnerable points where American people have deficiencies in their diet and some of the things that can be done to overcome them. It mentions our deficiency in vitamin B-1, some of our shortage of calcium, phosphorous, iron, and other minerals. One interesting statement is that Government nutritionists have estimated that at the present time it costs $150 a year to feed one person adequately, but that 27 percent of the families are living on too low an annual income to afford this expenditure. It then urges that we hasten to build not only better weapons but better human bodies; and to repair and guard our nutrition ramparts.

INTRODUCTORY FOODS. Osee Hughes. (The Macmillan Co., New York, 1940, pp. vii + 522.) This book is designed as a textbook for freshmen and sophomore college courses. It takes up the composition and nutritive value of food, theories and techniques of food preparation, pertinent buying points, and the planning and serving of meals. It is illustrated.

Food and Nutrition

HOW MIXING TIME AFFECTS THE SCORING CHARACTERISTICS OF CAKE. Charles A. Glabau. (Bakers Weekly, Vol. 109, No. 4, January 28, 1941, pp. 57, 58.) The second in a series of articles on the above subject. It says that it has reported, in the first article, mixing time brought about rather striking changes in some of the character of finished cakes, particularly in their cell structure, symmetry, and volume. In this article the effect of mixing various proportions of ingredients in pound cake, is reported. This study shows that 19 minutes' mixing time under the conditions used proved the most desirable and at the second speed of the mixer. The next article in this series will discuss the effects of mixing upon a sponge cake.

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

No. 469 May 7, 1941

TO HOME-ECONOMICS EXTENSION WORKERS:

Herewith are given references to certain books and home-economics literature that may be of interest to you. Before writing for further information about these references, please consult your librarian.

Sincerely,

Edith L. Allen

Edith L. Allen
Assistant Home Economist.

Personal "IN PREDOMINANTLY RURAL AREAS." Gertrude Springer. (Survey Midmonthly. Vol. 77, No. 2, February 1941, pp. 37-40.) This article discusses social work in rural areas and points out problems that have to be faced by the social worker in getting subject matter across. It takes up the despotic method and contrasts it with the slow community education method; and stresses the fact that where services are successful, the agency does not go into a county just because someone thinks it a good idea. Work must be backed by evidence of need of service, of community understanding of what the service is, and the people's interest, and of the community's willingness to participate in the program. It brings out the problem of the technically qualified worker adjusting her "round peg" personality into a "square hole" situation.

Personal BOY MEETS GIRL. Rosaline Mentzer. (Journal of Home Economics, Vol. 5, No. 3, November 1940, pp. 34-35.) A book on etiquette and personal relations of young people, including instructions on how to behave at such places as a football game.

Personal THOSE WHO HELP THEMSELVES. Pearl Salsberry. (Survey Midmonthly, Vol. 77, No. 2, February 1941, pp. 51-53.) This article discusses ways in which social work in rural areas must differ from that in urban areas. It points out the many different terms to be used and gives a list used by one city social worker as an illustration of this point.

Textiles and Clothing

CLOTHING: AN INTRODUCTORY COLLEGE COURSE. Alpha Latzke and Beth Quinlan. (J. B. Lippincott Co., New York, 1940, pp. xviii + 564.) The principal topics of this book are dress design for the individual, fitting fabric to the figure, creating individual dress design, planning for clothing needs, clothing for the family, and spending for satisfaction. Illustrations show the history of development of design in clothing and steps in its construction.

Textiles and Clothing

THE IDENTIFICATION OF NYLON AND OF LANITAL TEXTILE FIBERS. Margaret Ann Miller, Pauline Beery Mack and Esther Naomi Chapman. (Journal of Home Economics, Vol. 33, No. 4, April 1941, pp. 255-263.) As the title indicates, this article is a description of each of these two fibers as they appear on microscopic examination, and a number of tests that can be applied to distinguish them from each other.

Textiles and Clothing

MODERNIZING CLOTHING INSTRUCTION: The Layette. Evelyn N. Herrington and Edna P. Bryte. (Forecast, Vol. 57, No. 3, March 1941, pp. 25-27, 59.) This article gives diagrams and instructions for making a layette according to modern standards.

Textiles and Clothing

HOW COSTUMES CHANGED AFTER PAST WARS -WILL FOLLOW HISTORIC PATTERN WHEN PEACE COMES. M. D. C. Crawford. (Women's Wear Daily, Vol. 62, No. 49, March 11, 1941, pp. 12.) With illustrations helpful to stylists, this article shows how wars affected the design of women's garments between 1810 and 1863.

Textiles and Clothing

IT'S THE CARE THAT ADDS TO THE WEAR AND LASTING BEAUTY OF THE FOUNDATION GARMENT. (Women's Wear Daily, Vol. 64, No. 51, March 13, 1941, pp. 44.) This article discusses laundering and alteration of foundation garments. It says that these garments should be washed in lukewarm soapsuds, but not soaked, as this may destroy the elastic. It may remain in the suds 10 minutes if unusually soiled. To remove soiled spots, use your fingers to work the suds into the fabric. These garments should be dried by being rolled in a Turkish towel and kneaded to absorb as much moisture as possible. Never dry them in the heat, or near a radiator, or in the sunshine, as this may harm the elastic; and they should be dried slowly. Alterations should be as few as possible and only of a minor nature.

Social

EDUCATION FOR FAMILY ADJUSTMENT TODAY. Muriel W. Brown. (Journal of Home Economics, Vol. 33, No. 4, April 1941, pp. 225-228, (to be concluded). This article discusses a problem of educating youngpeople to face problems so that family adjustment will be satisfactory in all sorts of situations, such as many people in the world are meeting today. The world situation, it says, has made family life seem more important and made family members learn to behave in ways which are constantly presenting new values in family living. The business of the family life education program is to help people discover what it is that makes family good; to find out how they can work toward such values in their own family situation; and to develop the appreciations, attitudes, and skills that will help them to live philosophically.

Social

SOCIAL WORK YEAR BOOK 1941. RUSSELL SAGE FOUNDATION. (E. L. Hildreth and Co., Vermont. 792 pp.) A description of organized activity in social work and related fields. It is the sixth annual issue. Some of the topical articles bear the titles: Adult education; Behavior problems; Boys' and girls' work organizations; Consumer interests; The family; Homes and almshouses; Housing and city planning; Housing for unattached persons; Maternal and child health; Mental hygiene; Old age; Public Health nursing; Rural social programs; Vocational guidance and youth programs.

Social

PERSISTENT ISSUES OF LIVING FACED AT THE JUNIOR HIGH SCHOOL LEVEL. Ouida Thompson. (Journal of Home Economics, Vol. 33, No. 3, March 1941, pp. 156-159.) A study made in the Junior High School at Montevallo, Ala., that shows the problems of living faced by many junior high school students. Ages of the pupils ranged from 12 to 16 years, and it was found that 90 percent had fathers and 95 percent had mothers living and that their families varied from 3 to 13 members. In more than 10 percent of the homes, other persons, such as a grandmother, were living. Thirty-seven questions in all were answered. The survey also showed that in this area the majority of the houses were heated by fireplaces; about one third had electric lights; three quarters had radios; three quarters had sewing machines; 82 percent were screened, and 19 percent had bathrooms with a tub. The jobs done by the boys included repairing of furniture, painting and varnishing, and the preservation of meat. The girls helped with the repair of furnishings; cared for the house; and cared for their own clothes. Some pupils showed evidences of maladjustment.

Food and Nutrition

WHAT SHALL WE DO ABOUT VITAMINS? Philip A. Seitz. (Bakers' Helper, Vol. 75, No. 927, February 1, 1941, pp. 220-221, 242, 246.) This article discusses the part that bakers will soon play in reenforcing the nutritional value of our diet. It describes the development that bakers must make in relationship to the Government and explains a consumer education program in relation to the fortification of bread and vitamins.

Food and Nutrition

CONSUMER NEWS. (Forecast, Vol. 57, No. 3, March 1941, pp. 10, 11, 40.) This article suggests a method of labeling flour in order that the consumer may know the minimum vitamin and mineral content of reenforced flour which are:

Thiamin B1	1.66 mg.
Riboflavin B2 ...	1.22 mg.
Nicotinic acid ..	6.15 mg.
Iron	6.15 mg.
Calcium	500 mg.
Vitamin D	
approx.	250 U.S.P. units.

Child Care

A THREE-YEAR OLD FOR $351.16. Elizabeth Caraman. (Practical Home Economics, Vol. 18, No. 11, November 1940, pp. 334-336.) This article discusses the cost of bringing a baby into the world and rearing it to the age of 3 years. It contrasts this expenditure with those of certain groups of people who feel that they cannot afford children. It says for example that if they weren't paying for a hospital and a doctor, they would be paying for a grand piano, which neither can play - vanity bills. There are many people paying vanity bills, and blaming the new baby for them.

Food and Nutrition

THE PSYCHOLOGICAL ASPECTS OF FEEDING IN EARLY CHILDHOOD. William S. Landford. (Journal of the American Dietetic Association, Vol. 17, No. 3, March 1941, pp. 208-216.) The author says in closing that, because of the very need, and basic significance, of feeding for the physical and emotional development of the child, those who supervise his feeding are in an especially favorable position to give him a good start in life. If they see that the type of food and the manner of its presentation are adapted to the child's individual needs and characteristics, many emotional conflicts can be avoided. These people should have an understanding of the maturational factors which modify the child's needs, so they will not force him too soon or hold back too long.

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

No. 470. May 14, 1941

TO HOME-ECONOMICS EXTENSION WORKERS:

Herewith are given references to certain books and home-economics literature that may be of interest to you. Before writing for further information about these references, please consult your librarian.

Sincerely,

Edith L. Allen

Edith L. Allen,
Assistant Home Economist.

CLOTHING CONSTRUCTION. Gladys Meloche. (Journal of Extension Home Economics, Vol. 33, No. 4, April 1941, pp. 245-247.) This short article tells how clothing programs for 4-H clubs are planned to meet some definite need. They study the pattern, make necessary alterations, plan to have adequate table space for working, take time to mark material and cut notches, take time to press, and must remember that finishing cannot be done in a careless fashion.

MISS CURRENT'S COLUMN. Ruth Current. (The Southern Extension Planter, No. 1, January 1941, pp. 22.) A description of the home demonstration program in which are discussed the many questions with which the women should be familiar. It outlines a program for club meetings to be taken up during the month of January.

THE FARM WOMAN'S PLACE IN 1941. Mrs. H. H. Walton. Extension (The Southern Planter, Vol. 102, No. 2, February 1941, pp. 31.) This article by the president of the Virginia Federation of Home Demonstration Clubs tells of some things they are doing toward training for defense. It mentions the school lunch project and other means of providing adequate nourishment, and knowledge related to the use of food, for better health. It says that naturally the women in these clubs can do the most effective work through the live-at-home campaign.

Health

CAN YOUR CHILD WASH AT SCHOOL? (Farm and Ranch, Vol. 60, No. 3, March 1941, pp. 44.) This article discusses the problem in rural schools in training a child in the habits of washing hands before eating. The difficulty to be met is lack of facilities for this important activity. It says, of course, the mother can pack soap and a clean towel in the child's lunch kit every morning, or she may halp a group of mothers raise funds for hand-washing equipment, or she may work directly with the teacher in providing buckets of water, soap scraps, and other makeshifts to provide facilities for the use of the school children.

Health

THE PHYSICAL FITNESS OF CHILDREN. (Science-Supplement, Vol. 93, No. 2413, March 28, 1941, pp. 9-10.) This brief item mentions a new method for determining quickly and reliably the physical fitness of boys and girls by using new height and weight figures. It is thought that efforts to improve the health of American youth can be quickened by the use of this method.

Health

THE SOCIAL SCORE IN PREPAREDNESS-WHAT OF MOTHERS AND BABIES. Elizabeth Morrison Wagenet. (Journal of the American Dietetic Association, Vol. 17, No. 4, April 1941, pp. 329-335.) This article outlines the work of the National Council for Mothers and Babies in relation to a program for preparedness.

Health

EFFECT OF SHORT-WAVE IRRADIATION ON FARM ANIMALS. Truman E. Hienton. (Agricultural Engineering, Vol. 22, No. 2, February 1941, pp. 47-48.) A report of a study made on the short-wave irradiation of farm animals in order to produce additional vitamin D. From a summary of this and other reports on the vitamin need of various animals such as the horse, swine, sheep, and dairy cattle, the authors recommend that agricultural engineers interested in farm electrification should aid in initiating and enlarging research work in this field in which there is altogether too little knowledge at the present time

Health

ALLERGY, MEDICINE'S NEWEST PROBLEM CHILD. Warren T. Vaughan. (Science Digest, Vol. 9, No. 4, April 1941, pp. 1-8.) This article discusses the feeding problems of children and adults who have a tendency toward allergies. It says that from 50 to 75 percent of allergic persons have a family history of allergy, as contrasted with a similar history in only 7 percent of nonallergic persons. Nearly three-fourths of all children with bilateral inheritance develop the disease before 10 years of age. This discusses stimulation of the system, but says the best treatment for allergy is to avoid foods which cause it.

Education

CREATIVE HANDS WILL MAKE A BETTER WORLD. Pedro J. Lemos, Ed. (Childhood Education, Vol. 17, No. 5, January 1941, pp. 197.) This article points out our changing attitude from the old one regarding culture or genteelness which consisted largely of not working with one's hands. It says that great art appreciation can only be established by doing the actual hand work rather than by merely learning from books, and that it is actually dangerous not to use one's hands, for tests by neurologists show that mental ability increases as the ability to use the hands increases. "Manual work demands clear thinking and the working out of your own solution to problems."

Education

ELEMENTARY EDUCATION IN FAMILY LIVING. Ellen Miller. (Journal of Home Economics, Vol. 33, No. 4, April 1941, pp. 237-240.) This article stresses the importance of seeing family life in a new light, in which it seems more precious because it is threatened. It then outlines the child from the time he enters the first grade until he completes his schooling. It advocates early training in this field, because only 15 percent actually attend high school and college. It says that knowledge and understanding of the child and his developmental needs, gives the clue for both educational content and method. It also points out examples of how community programs on family life education are being sponsored by the United States Office of Education.

Education

THE MEN WHO MAKE THE FUTURE. Bruce Bliven. (The New Republic, Vol. 104, No. 2, January 13, 1941, pp. 47-50.) The third of a series of articles based on interviews with leading experts in physical sciences. It tells how the functioning of the body has been adapted to its environment, how we have radically changed this environment in recent years, and how this brings a need for still more psychological changes to adapt to these artificial conditions. For example, we eat too much of certain substances and not enough of others. The remainder of the article discusses the adding of nutritive ingredients to our basic foods.

Education

SCHOOL FOR A DIFFERENT CHILD. (Parents' Magazine, Vol. 16, No. 3, March 1941, pp. 30, 79-81.) This article discusses the problem which parents with a defective or backward child in the family have. The placement of such a child in a home for defective children gives the mother more time to give attention to her other children and also avoids the suffering that sometimes comes to other children by having such a child in the family. In a properly selected school, the different child is happier than in the home where he has to compete with normal children.

Food and Nutrition

FEDERAL FOOD STAMPS AND NUTRITION. Edith M. Shapcott. (The American Journal of Nursing, Vol. 41, No. 4, April 1941, pp. 386.) A description of the use of the Federal food stamps in improving the nutrition of the public. It says among other things that families report they have never eaten so much in their whole lives as they have since last September when the stamp plan went into effect, and the nurses say they see much more food in the homes of their patients than ever before and that these foods include milk, fruit, and eggs, which have been among the surplus foods.

Food and Nutrition

CONSIDERATIONS IN THE SELECTION AND USE OF VALUES EXPRESSING THE VITAMIN CONTENT OF FOODS. Hazel Munsell. (Journal of the American Dietetic Association, Vol. 17, No. 4, April 1941, pp. 311, 320.) This article discusses the problem in selection of foods for vitamin content where several values have been reported for the same item. It discusses the reasons for variation in content, the method of assaying, the material variation in vitamin content of food, the loss of vitamin value in fresh food and the practical application of this information. It says that data concerning loss of vitamins in foods from whatever reason are more difficult to summarize than data on the occurrence of vitamins in the fresh, untreated foods.

Food and Nutrition

THE VALUE OF MILK AS A FOOD. (Farm and Ranch, Vol. 60, No. 3, March 1941, pp. 37.) A report of the demonstration team on the food value of milk as a food in Floyd County, Tex.

Food and Nutrition

FUN WITH FOOD. Harriet Elliott. (What's New in Home Economics, Vol 5, No. 8, April 1941, pp. 6, 7, 57-59.) This article reports what is being done and what is planned in the way of carrying out a program to defend our national security through consumer education.

Food and Nutrition

NUTRITION EDUCATION IN THE SECONDARY SCHOOL. Rua Van Horn. (School Life, Vol. 26, No. 7, April 1941, pp. 200-202, 212.) The third of a series of articles on nutrition education in secondary schools. It discusses the approach to such education, characteristics of adolescents which influence methods, and different nutrition programs followed. It specifically mentions the school lunch as a means of nutrition education in a secondary school.

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

No. 471

May 21, 1941

TO HOME-ECONOMICS EXTENSION WORKERS:

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Sincerely,

Edith L. Allen

Edith L. Allen
Assistant Home Economist.

Personal — MY HUSBAND'S CHILDREN. Gretta Palmer. (Good Housekeeping, Vol. 112, No. 3, February 1941, pp. 36, 172, 193.) This is a discussion of the problem of a stepmother in bringing up the children of her husband's first wife. It states that grave injustice is done to children by second wives who try too hard to win them.

Personal — BIBLIOGRAPHY: BOOKS AND PAMPHLETS OF INTEREST TO TEACHERS AND SPECIALISTS IN THE FIELD OF MARRIAGE AND THE FAMILY. Ernest R. Groves. (Social Forces, Vol. 19, No. 2, December 1940, pp. 336, 343.) An extensive bibliography of titles of books and pamphlets on the subject of marriage and family life. It includes some very old books as well as recent ones.

Personal — HOW PARENTS LEARN. Ada Hart Arlitt. (National Parent-Teacher, Vol. 35, No. 7, March 1941, pp. 10-11.) This article discusses how parents learn, and gives an outline for points which educators should keep in mind when teaching parents. Among seven points listed are: The materials must be interesting and clearly presented; all material should lead to definite activity, for nothing is learned until it is reacted upon; all material should be presented with full and free discussion, as this not only clears up vague points, but enables the learner to have the results of other individuals' experience; group study is usually more valuable for adults than reading books, even if the books are well outlined. Parents learn things which are interesting to them more rapidly than do children, but if the material is not interesting and does not lead to activity, the education will fail of its purpose.

Housing — FLOOR SHOW. Peter Stuyvesant, Jr. (Better Homes & Gardens, Vol. 19, No. 5, January 1941, pp. 30-31.) This article explains how to build a floor of lasting beauty from materials that are durable, easy to look at, to care for, and to walk on. It then describes the construction, choice of materials, and costs of such flooring as plank, block, asphalt, ceramic, quarry, rubber, cork, linoleum, and other composition. Each is illustrated.

Housing — SALE OF NEW ENGLAND MILL HOUSES. Harriet L. Herring. (Textile World, Vol. 91, No. 1, January 1941, pp. 64-66.) A warning to rural areas in the South where mushroom mill villages might be built to meet emergencies. It tells of difficulties in disposing of houses in such places if privately owned when the mill ceases to operate.

Housing — HOUSINGS' AILMENTS ARE DIAGNOSED. (Architectural Forum, Vol. 74, No. 2, February 1941, pp. 135 - 142.) This symposium of articles treats of styles for housing, revamped tenement; cost versus upkeep, adjusted rents, and glass-laden houses. It shows houses produced for each group during a typical year - 1938.

Housing — A FRESH APPROACH TO HOUSING. (Architectural Forum, Vol. 74, No. 2, February 1941, pp. 87, 90.) This article presents some ideas on prefabricated steel houses designed like igloos for protection against wind, air raids, explosions, and other dangers. Plans and diagrams of construction are included.

Housing — POINTERS ON THE PROPER USE OF WOOD: SUITABILITY OF WOODS FOR USE IN THE FRAME HOUSE. (American Building, Vol. 63, No. 2, February 1941, pp. 104-109.) This article tells what woods are suitable for exterior trim, flooring for living rooms and bedrooms, flooring for kitchens, porch flooring, house framing, interior trim, roofing, sashes, shelving, shingles, wall sheathing, and the like. The article is based on information contained in U. S. Department of Agriculture Farmers' Bulletin No. 1756.

Housing — HOUSING CONSTRUCTION DETAILS. Nelson L. Burbank. (Simmons-Boardman Pub. Corporation., 30 Church St., New York, 1939, pp. vi+317.) This book includes construction, details, photographic views of finished work, short-cut tables, and brief explanatory text relating to the construction of residences and small miscellaneous buildings. The author says it is suitable for either the school or the carpenter shop drafting room.

Housing — HELPING FARM FAMILIES SOLVE THEIR HOUSING PROBLEMS. Lena B. White. (Journal of Home Economics, Vol. 33, No. 4, April 1941, pp. 233-236.) This article discusses various means of procuring housing aid, such as purchase loans made possible by the Bankhead-Jones Farm Tenant Act of 1937. It also gives examples of how some people have managed with such loans.

Handicraft — COLORED WATERPROOF INKS FOR LEATHERCRAFT. Edna E. Sandry. (School Arts, Vol. 40, No. 7, March 1941, pp. 231-232.) This article tells how to use ordinary colored inks in dyeing leather.

Handicraft — A NEW APPROACH TO ARTCRAFTS IN HAWAII. Archie Erickson, Art Teacher, Washington Junior High School, Honolulu, Hawaii. (School Arts, Vol. 40, No. 7, March 1941, pp. 225-226, 9a-10a.) This article tells how a school principal in Honolulu developed a course in crafts in which materials were used which they could get for little or nothing; such as pieces of lead, parts of old batteries, fishing-line sinkers, plumbers' pipe, blocks of wood, ends from apple boxes, coins, clay, jewelry, and numerous other articles. They modeled and also cast small figurines made from candle-wax models. Jewelry was enameled with ground glass made from bottles of blue, brown or other colors.

Handicraft — SHORT-TIME CRAFTS FOR SUMMER CAMPS. Gertrude Duncan Ross. (School Arts, Vol. 40, No. 7, March 1941, pp. 223-224.) Gives instructions for making short-time projects, such as lanterns and blotter corners, sculptured figures, wall sconces and other articles.

Handicraft — GROW YOUR OWN VASES. R. E. O'Brien. (Better Homes & Gardens, Vol. 19, No. 8, April 1941, pp. 14, 158.) This article tells how, with the help of plaster molds, to grow gourds in shapes suited for vases.

Handicraft — AN IMPROVED METHOD OF APPLYING COLORED PENCILS. Brandon H. Grove. (Science, Vol. 93, No. 2414, April 4, 1941, pp. 334.) This brief item tells of an improved method of using colored pencils. After the drawing has been colored with the pencil, it should be rubbed with a bit of cloth soaked in gasoline. The cloth may be wrapped over the end of a toothpick or the end of a pen-holder. This distributes the crayon coloring evenly. Pencil colors so treated are completely fixed and will not rub off or smudge.

Handicraft — LATEX BLOCKS AND PREHISTORIC PICTURE-WRITING. Wilma Bean. (School Arts, Vol. 40, No. 7, March 1941, pp. 247.) With the use of a cake-decorating tool, latex is used to outline the design. Absorbent paper should be used and an oil paint mixed to the consistency of a thin cream with benzine or gasoline for the printing ink. Toothpicks are satisfactory tools for correcting nonoven lines.

Handicraft — MAKING & DECORATING WOODEN BOOKS. Marguerite Mitchell. (School Arts, Vol. 40, No. 7, March 1941, pp. 233.) This is an article on constructing book binding of wood.

Textiles and Clothing

INFORMATIVE TEXTILE LABELING. (American Dyestuff Reporter, Vol. 29, No. 25, December 9, 1940, pp. P656-P662.) This article includes a list of all organizations active in the consumer movement, such as women's organizations, educational, church, labor cooperatives, private organizations, coordinating groups, miscellaneous and Government activities. The article says among other things that the motivating causes behind the consumer movement are a natural outgrowth of our highly industrialized modern life. It has brought thousands of articles to the homemaker for daily use. It mentions the fact that even trained chemists are often baffled over the evaluation of dyestuffs and the auxiliary products which manufacturers recommend for use.

Textiles and Clothing

PRESERVING ANIMAL FIBRES AGAINST INSECT PESTS. C. S. Whewell. (Textile Recorder, Vol. 58, No. 694, January 1941, pp. 15-19, and February 1941, No. 695, pp. 32-33, 36.) A discussion of methods employed in preventing insect pest damage. It gives special attention to mechanical treatments and fumigation. It says that the most satisfactory method of preserving textile materials is the purely mechanical one of frequent brushing and beating. This method destroys the eggs of moths and beetles and also the larvae, if the beating is vigorous enough. The drawback, particularly in carpets, is the large amount of effort required in handling them. The article discusses storage of these articles and tells how it is impossible for large storage houses to examine the stock every 2 or 3 weeks to take the things out and air, brush, and beat them. It then describes other devices that are adapted to help in the storage. One of the most common is to wrap articles in paper after they have been freed from all form of moth life by heating or dry-cleaning. Other methods of storing, such as cold storage, are described. This article is continued in the March issue of Textile Recorder.

Textiles and Clothing

THE SCIENTIFIC ATTITUDE TOWARD ULTIMATE CONSUMER. Joseph Givner. (American Wool and Cotton Reporter, Vol. 55, No. 15, April 10, 1941, pp. 9-10.) This article says that when professional buyers are confused about rayon fabrics and can't tell an acetate from a viscose, or how a fabric will tailor, or sew, or how it will launder or wear, it is no wonder that consumers are confused. This article advises that buyers and manufacturers select the simplest, most wanted yarn or combination of yarn, and set up some basic fabrics to make them standard, and manufacture them continuously so that they may become basic fabrics for use over many years. Changes should not be made in these fabrics unless they can be improved so as to be more satisfactory to the consumer. This would be an improvement over the present practice of making more and more new fabrics unlike the old, before we find out what people are buying and what the fabrics will do.

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

No. 472

May 28, 1941

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Sincerely,

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Edith L. Allen,
Assistant Home Economist.

Handicraft — HOW ARTS AND CRAFTS CONTRIBUTE TO SOCIAL INSIGHTS. Mabel Snedaker. (Childhood Education, Vol. 17, No. 7, March 1941, pp. 303-306.) This article explains how training of the hand with reference to the other experiences of the child gives greater meaning to ideas. In fact it gives him a rich background of clear, accurate, well-organized concepts which are essential to the achievement of social insights. It also points out the fact that opportunities for creative expression in the program of arts and crafts are many and varied, and gives as an example of how real writing style was developed by a child who described the making of "apple leather." Incidentally this is a good recipe for "apple leather."

Handicraft — GOURD CRAFT. Reba Adams. (Capper's Farmer, Vol. 51, No. 12, illus., pp. 39.) This home economics specialist in Georgia tells how to prepare gourds for decorative and other uses.

Handicraft — SMALL CHAIR SETS. (The Spool Cotton Co., 350 Fifth Ave., New York. Book No. 161, 1941, pp. 41.) This booklet gives instructions for making chair sets of knitting and crochetwork.

Handicraft — EDUCATING THE HANDICAPPED. Frank L. Beals. (Hygeia, Vol. 19, No. 2, February 1941, pp. 100-103.) This article gives the author's philosophy regarding the role that handicraft can play in the education of crippled and other handicapped children.

Child Care

OVERPROTECTION AND GROWTH TOWARD INDEPENDENCE. Jo Johnson. (Childhood Education, Vol. 17, No. 7, March 1941, pp. 297-301.) This article points out how many thousands of American children are seriously handicapped because of the underprivileged conditions in which they live in better-than-average homes due to over-protection and care. It says that children in areas where they are under-nourished, such as in the slums, are getting off to a poor start in life but, in spite of this handicap, they are better prepared for the future than are boys and girls from those better-than-average homes, because they have learned to be self-sufficient and resourceful.

Child Care

WEANING THE BABY. Benjamin Spock. (Parents' Magazine, Vol. 16, No. 3, March 1941, pp. 21, 95, 97, 99.) This article discusses the psychological and health value of nursing by the mother as contrasted with bottle feeding. It particularly discusses the problem of weaning in either situation, and explains how some neurotic conditions are brought about in either case, and advises that the relationship between the child and mother when the baby is bottle fed is improved if the baby is held in the mother's arms so as to give it a sense of closeness and security that is his due.

Child Care

BETTER CARE FOR MOTHERS AND BABIES. Elizabeth Morrison Wagenet. (Journal of the American Association of University Women, Vol. 34, No. 3, March 1941, pp. 161-163.) This article points out the needless waste of life through the death of mothers and newborn babies. Two-thirds of our maternal deaths, it says, and two-fifths of our stillbirths, and one-half of the deaths of infants in the first month of life are preventable. It then discusses ways and means of improving the care of expectant mothers.

Child Care

FOR YOUNG AMERICANS. Alice V. Keliher. (Progressive Education, Vol. 18, No. 3, March 1941, pp. 132-136.) This article discusses how the attitudes of parents affect children through their own fears, tenseness of body, or dislike for certain foods, and the like. It says that some of these attitudes are developed because the child may become anxious, if it awakens from sleep wet, for fear he will be scolded. Sometimes the father's attitude towards helping with certain tasks, such as washing the baby's diapers, has an effect on the child, as when the father does not want to be seen hanging them out on the line. Many other points are brought out in this article.

Organization

NEEDS OF LEADERS IN ADULT HOMEMAKING PROGRAMS. Luella M. Foster. (Journal of Home Economics. Vol. 32, No. 10, December 1940, pp. 665-667.) A summary of a talk given before the Adult Education Section of the Michigan Home Economics Association, May 11, 1940, in which the author says that home economists need a stimulating philosophy. Help is needed in recognizing and solving our own problems and in recognizing and analyzing the problems of the individuals whom we serve. Then it discusses some help that may be useful in solving the problem, such as discussion, literature, graphic materials. There seems to be a deal of difficulty in knowing what to choose, how to obtain and choose these things effectively. It then discusses help the teacher needs in judging her own work and in looking ahead.

Organization

PUBLIC ADMINISTRATION AND THE UNITED STATES DEPARTMENT OF AGRICULTURE. John M. Gaus, Leon O. Wolcott, with a chapter by Verne B. Lewis. (Published for the Committee on Public Administration of the Social Science Research Council by Public Administration Service, Chicago, 1940, pp. xii + 534.) This book deals with the Department of Agriculture and includes a history of its growth and formation. It is divided into the following parts: The evolution of the Department of Agriculture; Substantive activities of the Department of Agriculture; The resulting Department of Agriculture, and the Appendices. Pages 226-258 on Rural Life contain an outline of the functions of home demonstration work. Pages 371-374 discuss the work of the Extension Service. Other agencies of the Department are treated in a way similar to that of the Extension Service.

Organization

YOUR NEIGHBORHOOD CLUB. Abel J. Gregg and Charlotte Himber. (Association Press, 347 Madison Ave., New York, 1939, 108 pp.) A book for leaders of groups, and explains the organization, beginning with the making of first contacts, as well as when and how to organize, the equipment necessary, and the advantages to the leader of record keeping for which it gives an outline, the getting of sponsors and other sources of income, and analyzes group relationships.

Organization

THE CONFERENCE PROCEDURE IN AGRICULTURAL EDUCATION. George P. Deyoe. (The Agricultural Education Magazine, Vol. 13, No. 9, March 1941, pp. 166 - 167, 178.) This article discusses the purpose and philosophy of the conference procedure, physical facilities for the conference method, and conducting the discussion. It also tells how to bring a meeting to a close and to evaluate the results of the group discussion.

Food and Nutrition

AMERICANS CAN EAT! Alonzo E. Taylor. (Hygeia, Vol. 19, No. 3, March 1941, pp. 204-207, 220-229.) This article discusses the American supply of foodstuffs and the problems that arise when prices go up or down, irrespective of nutritive value.

Food and Nutrition

RIBOFLAVIN. Council of Foods and Nutrition. (Hygeia, Vol. 19, No. 3, February 1941, pp. 116-118.) This article defines riboflavin, known as vitamin G, vitamin B_2 and lactoflavin, which is water soluble. It tells where riboflavin is found, the symptoms developed by its deficiency, one of which is inflammation and scaling around the mouth called "poor man's mouth" in some sections of the country. Other symptoms are also described. It seems the daily amount required of riboflavin is about 2,000 micrograms, while that for children and invalids is somewhat less. This vitamin is destroyed by strong sunlight, and an adequate supply of it does not make up for a deficient supply in childhood.

Food and Nutrition

SMOKED POULTRY IS TASTY DELICACY. (Pacific Rural Press, Vol. 131, No. 5, March 8, 1941, p. 8.) A brief item which gives instructions for processing smoked poultry through the use of a special sugar-cured salt to which wood smoke has been added.

Food and Nutrition

HOW MIXING TIME AFFECTS THE SCORING CHARACTERISTICS OF CAKE. Charles A. Glabau. (Bakers Weekly, Vol. 109, No. 8 February 22, 1941, pp. 51-52.) The last of a series of four articles on how mixingtime affects the characteristics of cake. This article deals with angel-food cake. It says that we can conclude that the beatingtime employed under conditions of this experiment does not affect characteristics of the finished cake. It is possible, however, to beat the egg white too much, which results in a restriction of volume as well as a change of other characteristics. A diagram and photograph show the change in volume and grade of five samples of cake.

Food and Nutrition

THE BOOK OF HERB COOKERY. Irone Botsford Hoffman. (Houghton Mifflin Co., Boston, 1940, pp. x + 251.) This book contains recipes in which herbs are used. They appear under the headings as follows: Soups; Fish; Meats and poultry; Sauces; Eggs; Entrees; Vegetables; Salads; Hors d'oeuvres; Cheese; Cheese entrees; Beverages; Fruits and fruit desserts; and Miscellaneous.

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

No. 473 June 4, 1941

TO HOME-ECONOMICS EXTENSION WORKERS:

Herewith are given references to certain books and home-economics literature that may be of interest to you. Before writing for further information about these references, please consult your librarian.

Sincerely,

Edith L. Allen

Edith L. Allen
Assistant Home Economist.

Health — PHYSICAL FITNESS IN TERMS OF PHYSIQUE DEVELOPMENT AND BASAL METABOLISM. Normal C. Wetzel. (The Journal of the American Medical Association, Vol. 116, No. 12, March 22, 1941, pp. 1187-1197.) An article on the newest method of measurement as a guide to individual progress from infancy to maturity. It says that the measurements should be restricted to those that can be made in routine examination at the office or school. No recalculation of basic data should be required. No extra time or labor should be involved. Diagrams show some phases of the taking of these measurements and how comparisons are made between slender and stocky individuals. It says that by this method of measurement the term "physical status" now has a perfectly definite and distinct meaning. It signifies a condition produced by the combined efforts of growth, development, and nutrition.

Health — DISEASES OF THE RESPIRATORY TRACT AND AIR CONDITIONING. Carey P. McCord. (The Journal of the Medical Association, Vol. 116, No. 13, March 29, 1941, pp. 1360-1364.) This article discusses diseases of the respiratory tract that result from staying in air-conditioned places. It also tells how to overcome some of the changes in environment brought about by air conditioning. It also gives some attention to air conditioning, shock produced by emerging from a cool space in summer to the natural atmosphere, and the reverse. It says that it appears that the control of the ordinary respiratory diseases depends to a greater extent on human conditioning than on air conditioning. Through long custom we have adjusted ourselves to natural weather conditions by a variation in clothing, but we somewhat resentfully expect that air conditioning will be adjusted to our requirements.

Child Care

WHEN A BABY CRIES. Josephine H. Kenyon. (Good Housekeeping, Vol. No. 1, January 1941, pp. 60, 66.) This article explains the meaning of different types of crying babies. It says, the first week the baby cries for exercise but that crying is not necessary. It then gives the other reasons why they cry and how to prevent a big fuss over much or little, while a delicate, weak baby may make only sick, ailing sounds.

Child Care

PARENTS' REPORTS OF UNDESIRABLE BEHAVIOR IN CHILDREN. Alma Long. (Child Development, Vol. 12, No. 1, March 1941, pp. 43-62.) A report of a survey of parents' problems with undesirable behavior on the part of children. Two hundred seventy seven families cooperated in this study. Records of 388 children are given. It says that conclusions reached are that there is a definite characteristic of child behavior associated with age. The changes in frequency associated with difference in age may be due to actual appearance, nonappearance or disappearance of the behavior, or it may be due to a differing interpretation of the behavior or some form of conditioning on the part of the parents.

Child Care

BETWEEN THE ROD AND REASON. Ethel Kawin. (National Parent-Teacher, Vol. 35, No. 8, April 1941, pp. 4-7.) The writer discusses the question of how to teach a child to obey. Her answers to this question are based on her observations in behavior clinics, schools, and discussion groups.

Child Care

HOW CHILDREN LEARN. Gertrude Laws. (National Parent-Teacher, Vol. 35, No. 7, March 1941, pp. 7-9.) This article discusses some problems of teaching children and the rates of mental growth of children. It says that some people believe that the child is conceived in sin and born in iniquity, while others believe he is the gift of God and inherently good, and does evil only as he learns it from older human beings. Still others reject these characteristic beliefs. They look on the human infant as a reacting, purposing organism, capable of learning both good and evil. It then stresses the fact that there is a wide difference in the rate at which individuals learn, just as there is in their height, weight, size, hearing, or quality of health. Some children require more time and more experience than others. It then tells how to help children learn by doing. It says that it is important to know that children learn to resist. They learn not to do in the same way that they learn to do things. It says that some children, like adults, often get too disturbed so that they can neither hear the talk of adults nor talk themselves. It then points out other ways in which children learn. One is through the interpretation of other experiences, and another through hearing adult conversation.

Markets and Crafts

THE CREATIVE ARTS IN TODAY'S WORLD. Else Engell Richards. (Journal of the American Association of University Women, Vol. 34, No. 3, March 1941, pp. 157-160.) This article says that in science, like means and methods produce like results, regardless of nationality, sex, or psychological disability on the part of either the experimenter or observer. Like means and methods in the arts will produce as many different results as there are artists, even though the same model is used. It lists the creative arts, which include music, and says we need not set a fence between arts and handicrafts. All great art is founded on superlative craftsmanship. Superior craftsmanship soon passes over into art, as in metalwork, jewelry design, leather tooling, wood carving, ceramics, and the needle arts.

Markets and Crafts

STENCIL IT YOURSELF. Esther Stevens Brazer. (Good Housekeeping, Vol. 112, No. 3, February 1941, pp. 144, 173.) This article discusses how to stencil pictures of fruit, flowers, and the like on furniture, such as one often sees on antique chairs, tinwear, et cetera. It says the old-timers worked in reverse. Instead of applying wet paint to a dry background they applied dry powder to an undersurface that was a little sticky. A coat of varnish was first applied and allowed to set until it was almost dry, then the stencils were laid down, one after another, and touched with gold or silver bronze powder as wanted. The article recommends the use of fine-pointed embroidery scissors and architect's tracing linen, though the old-timers used a sharp pointed knife on copybook paper. The advantage of the use of the architect's tracing linen is that it can be cleaned on both sides with paint remover, and because it is tough and transparent.

Markets and Crafts

A NEW DAY FOR AMERICAN CRAFTS. Marian Burgess. (Arts and Decoration, Vol. 53, No. 4, March 1941, pp. 38-39, 44.) This article points out that, in spite of our many products, there has always been a demand for homemade arts of distinction and charm in this country, but that most of this merchandise has come from abroad. One of the chief difficulties of the craftsman in this country has been the difficulty of marketing his goods, since he usually works alone or in small groups and was too busy producing to cope with the selling angle. Also many craftsmen were unwilling to produce the same article in quantity since frequent repetition destroys the creative urge. The suggestion made at the present time is for a clearing house and merchandising outlet to cooperate on much the same principle as the highly successful cooperatives of the Scandinavian countries. It then describes how the handicraft Cooperative League of America, Inc. is being organized to fill this need.

Food and Nutrition

12 CAUSES OF SPRINGERS IN CANS. G. V. Hallman. (Food Industries, Vol. 13, No. 4, April 1941, pp. 60, 101.) This article discusses the causes of springers in canned meat. It is the second of a series of articles on the canning of meats.

Food and Nutrition

THE EFFECT OF VARIOUS AMOUNTS OF CAFFEINE ON THE GASEOUS EXCHANGE AND THE RESPIRATORY QUOTIENT IN MAN. John Haldi, George Bachmann, Charles Ensor, and Winfrey Wynn. (The Journal of Nutrition, Vol. 21, No. 3, March 1941, pp. 307-320.) A report of a study of the effect of caffeine which was administered in some other form than coffee or tea. It was found that in relatively large doses, caffeine increased the respiratory quotient, whereas one milligram per kilogram had no effect on the respiratory rate.

Food and Nutrition

FOOD INDUSTRIES. (Food Industries, McGraw-Hill Publication, 296 pp., 1940-41.) Arranged in four sections. Section 3 contains food standards and recommendations which are of interest to consumers as well as tradesmen.

Food and Nutrition

ENRICHES FLOUR FOR HEALTH. W. H. Sebrell. (Food Facts, Vol. 10, No. 7, April 1941, pp. 1.) This article, as the title indicates, outlines the program for the enrichment of flour, with various factors of vitamin B complex and iron.

Food and Nutrition

FACTORS THAT AFFECT QUALITY IN FROZEN LIMA BEANS. J. G. Woodroof, J. O. Tankersley. (Food Industries, Vol. 13, No. 4, April 1941, pp. 53-56.) A study of factors that affect quality of frozen lima beans and their color, such as shelling methods, blanching operations, and grading. It says that shelling, grading, blanching, and freezing should follow in succession as rapidly as possible in order to retain the maximum of color, flavor, and nutritional value. Freezing should be completed within 6 hours after harvesting. Freezing reduces the time of cooking about 10 percent, and the weight and volume of frozen lima beans are increased about 10 percent after being cooked. Frozen beans are cooked from 15 to 45 minutes; it is impossible to label them properly in reference to cooking time, unless the growing conditions are considered. Climate will influence greenness as well as soil, ripeness, alkalinity, or acidity, and the presence of such metals as copper and added vegetable dyes. Added copper salts or copper from copper equipment is very destructive to vitamin C.

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

No. 474 June 11, 1941.

TO HOME-ECONOMICS EXTENSION WORKERS:

Herewith are given references to certain books and home-economics literature that may be of interest to you. Before writing for further information about these references, please consult your librarian.

Sincerely,

Edith L. Allen

Edith L. Allen
Assistant Home Economist.

Management — CONSUMERS AND THE MARKET. Margaret G. Reid. (F. S. Crofts & Co., New York, 1940, pp. xiv + 600.) This book gives a general picture of the character of consumers' problems as they are related to buying in the market; practices and policies affecting consumers today, difficulties, and the efficiency of the marketing system in general. It also discusses factors responsible for the present practices and policies in marketing. These include such things as credit, informative labeling, and advertising. The parts of the book are: An approach to consumer problems; Market organization and functions; Retailing; Costs and services; Selling; Standardization; Prices: The way to better market system, and Index.

Management — HOW WELL DO YOU READ THE LABEL? (What's New in Home Economics. Vol. 5, No. 8, April 1941, pp. 8-12.) This is part of a chart that presents "What's Right With This Buymanship?" with some brief sentences to be checked and some pictures. The first part concerns how well you read the label, and the second part shows how many people do their buying.

Management — STRETCHING THE RENTAL DOLLAR. (Household Finance Corporation, Department of Research, Chicago, 31 pp., 1941.) This bulletin tells how to select a house when renting.

Management — DEFENSE AND THE CONSUMER. (Institute for Consumer Education, Consumer Series No. 3, Public Affairs Pamphlets No. 54, 1941, 32 pp.) It says that sacrifices will be made at the expense of health or efficiency. Part of this book is given over to the subject of housing in defense areas, and a diagram shows the relation of the consuming public to the organization for national defense.

Health

ACCIDENTS IN THE HOME. Alma C. Haupt and W. Graham Cole. (The American Journal of Nursing, Vol. 41, No. 4, April 1941, pp. 391 - 396.) This article says that home accidents are responsible for 34.5 percent of all fatalities and for 53 percent of all disabling injuries resulting from accidental causes. It then points out the reasons for accidents in the home as found in a recent study by the Metropolitan Life Insurance Co., and the National Safety Council. Cuts and lacerations and abrasions account for 29 percent of these injuries, fractures and dislocations 19 percent and burns and scalds 18 percent. A table shows the nature of the injury, part of the body, the location of the accident, the object involved, the type of accident, and the action of the injured.

Health

NUTRITION EDUCATION IN A DENTAL PROGRAM. Ruth L. White. (American Journal of Public Health, Vol. 31, No. 2, February 1941, pp. 171-175.) This article discusses the education of the patient, the dentist and the dental hygienist, also community education. It says that every program of dental nutrition education should focus attention upon the maintenance of the nutritional integrity of the individual as a whole.

Health

DON'T TELL US. (The American Home, Vol. 25, No. 5, April 1941, pp. 16-17.) This article discusses the landscaping and use of backyards, how to have a garden, how to get a good outlook from your windows, and how to decorate unsightly walls that are within your view. It also gives suggestions for playing in the back yard, and equipment helpful for such activities.

Health

STOP KILLING YOURSELF! Harold S. Diehl. (Hygeia, Vol. 19, No. 3, March 1941, pp. 168-170.) This author begins by saying that "man does not die; he kills himself," and then goes on to show the dangers of unwise reduction of weight, the danger of putting too much energy and emotion into trivial tasks. These tendencies are weaknesses of women, who should break themselves of the habit of getting "all stirred up" over little things, or who review at length the painful or annoying experiences which a more sensible person would promptly forget.

Health

TEACHING POSTURE. Walnut Ridge. (What's New in Home Economics, Vol. 5, No. 6, February 1941, pp. 58-59, 62.) An article on the improvement of the posture of high school girls. It says that many cane-bottom chairs invite poor posture, because the back is too low and the top curves too much to be comfortable. Illustrations show how to stand and sit properly.

Equipment

FACTS ABOUT FLUORESCENT LIGHTING. Myrtle Fahsbender, (Electricity on the Farm, Vol. 14, No. 4, April 1941, pp. 8-9, 12.) This article describes the construction of fluorescent lamps, and the different sizes and wattage in which they are available. It also explains how these lamps compare with incandescent bulbs in the way of coolness, amount of light given off, and color of the light.

Equipment

THE DESIGN OF LUMINARIES FOR FLUORESCENT LAMPS. W. M. Potter and W. G. Darley. (Illuminating Engineering, Vol. 35, No. 9, November 1940, pp. 759-785.) Describes the shape, pattern, and operating temperatures and control of light in fluorescent lamps. It also shows diagrams of different types of reflectors for distribution of light rays and control of brightness. It says that the too common use of bare lamps introduces an element of discomfort, distraction, and actual interference with seeing and often inefficiency in light utilization.

Equipment

SIGNS OF PROGRESS. Report of the I. E. S. Committee on Progress. C. E. Weitz. (Illuminating Engineering, Vol. 36, No. 2, February 1941, pp. 169-201.) A report of recent progress in the field of illumination. It takes up new light sources, such as ultra violet radiators, fluorescent lamps, and "one kilowatt" arcs. Under "lighting" it discusses new wiring and filament lamp equipment, fixtures of various kinds, black light, the measurements of light as to color, finding of materials, temperature, and radiant energy. Educational work being done by the Department of Agriculture is also mentioned.

Equipment

LABORATORY STUDIES OF METHODS FOR CLEANSING OF EATING UTENSILS AND EVALUATING DETERGENTS. F. W. Gilcreas and J. E. O'Brien. (American Journal of Public Health, Vol. 31, No. 2, February 1941, pp. 143-157.) A report of a study of the cleaning of eating utensils, and the evaluation of cleansing agents used for this purpose. It says that detergents in which wetting and emulsifying predominate remove oils and fats and have a limited action on protein particles, for which there is need of dispersion as well. Ordinary soaps are effective when used alone in soft water and are desirable components of other dishwashing compounds. Alkali phosphates and silicates are satisfactory in some respects, but are not sufficiently active as wetting and dispersing agents to be used alone effectively. Sulfated alcohols remove oily soil effectively but are markedly less active toward solid and nongreasy soils. An effective cleansing agent for eating, drinking, and cooking utensils may be defined as a substance or compound soluble in water, which at a temperature of approximately 120° F. will provide complete removal of all types of characteristic soiling materials in a short period of time; will produce a free-rinsing surface; will reduce to a minimum the formation of film of precipitated mineral salts and similar substances on the washed surface; and will function effectively in waters of varying hardness.

Food and Nutrition

KIDNEY STONES IN RANA PIPIENS TADPOLES REARED ON SPINACH. (Science, Vol. 93, No. 2411, March 14, 1941, pp. 256.) A report on a study of feeding boiled spinach to tadpoles in which it was found that the animals so fed developed kidney stones, yet those fed other greens did not have the same difficulty. From these results it seems that the kidney stones in tadpoles may be composed of calcium oxalate. This study has not been applied to human beings.

Food and Nutrition

SOME OBSERVATIONS OF VITAMIN B_6 DEFICIENCY IN THE DOG. Harold G. Street, George R. Cowgill, and H. M. Zimmerman. (The Journal of Nutrition, Vol. 21, No. 3, March 1941, pp. 275-290.) This article points out the fact that little is known about the nutritional significance of vitamin B_6 in any species other than the rat, although some recent reports indicate that it is an essential for certain other animals such as the chicken, pigeon, dog, and pig. This article explains the effect of vitamin B_6 on the dog. Apparently little is known about the effect of this vitamin on the human being.

Food and Nutrition

UNCOMPLICATED VITAMIN E DEFICIENCY IN THE RABBIT AND ITS RELATION TO THE TOXICITY OF COD-LIVER OIL. C. G. Mackenzie, Julia B. Mackenzie, and E. V. McCollum. (The Journal of Nutrition, Vol. 21, No. 3, March 1941, pp. 225-234.) A report of research on the effects of vitamin E, in which it was found that a deficiency resulted in the rabbit's developing severe lesions of the muscles, and that a preventative of this condition was brought about when the vitamin and cod-liver oil were administered within a few minutes of each other, or when the oil was added to the patient's diet. The result of this experiment may or may not be applicable to human beings.

Food and Nutrition

A DEFICIENCY DISEASE OF FOXES PRODUCED BY FEEDING FISH. R. G. Green, W. E. Carlson, C. A. Evans. (The Journal of Nutrition, Vol. 21, No. 3, March 1941, pp. 243-256.) This article describes certain symptoms that developed in foxes which were fed on a diet largely composed of fresh fish, the result of which was an outbreak of a form of paralysis. The author says we do not know with certainty how the fish came to produce this result, unless it was that the fish somehow increased the animal's need for vitamin B by a metabolic effect, or fish may prevent absorption of the vitamin, or lastly, fish may bring about an inactivation or destruction of the vitamin in the food. The conclusions are reached that the disease can easily be produced with a diet containing fresh carp, and can be prevented by adding large amounts of thiamine to the same ration. It is not known of a similar condition being developed in a human being, as no research has been done along this line.

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

No. 475. June 18, 1941.

TO HOME-ECONOMICS EXTENSION WORKERS:

Herewith are given references to certain books and home-economics literature that may be of interest to you. Before writing for further information about these references, please consult your librarian.

Sincerely,

Edith L. Allen

Edith L. Allen,
Assistant Home Economist.

Health — WHY TEETH DECAY. Don Chalmers Lyons. (Hygeia, v. 19, no. 5, pp. 363-365, 412. May 1941. Diagrams and text in this article tell how dental caries come about and how, through care, the number of them may be prevented.

Health — VITAMIN E AND VITAMIN B_6. Clinical experience in the treatment of muscular Dystrophy and Amyotrophic Lateral Sclerosis. Joseph W. Ferrebee, Walter O. Klingman, and Angus M. Frantz. (The Journal of the American Medical Association. v. 118, no. 17, pp. 1895-1896. April 26, 1941. A report of experiments on animals. Conclusion: that vitamin E and vitamin B_6 preparations given in large amounts failed to influence the course of muscular dystrophy or amyotrophic lateral sclerosis in a series of patients followed for a period of 2 to 12 months.

Health — IT'S THE TOOTHBRUSH - NOT WHAT YOU PUT ON IT. (Consumers' Digest, v. 9, no. 5, pp. 15-20. May 1941. A report on the value of different types of toothbrushes. As a tooth powder it puts, first, bicarbonate of soda. Approved makes of powder are suggested.

Health — FLAT FEET AT BIRTH. Samuel W. Boorstein. (Hygeia, vol. 19, no. 5. pp. 373-374. May 1941. This article tells how to recognize flat feet in infants and some of the steps that should be taken to correct this deformity.

Clothing

CONSUMER PLAYLETS. Donna Dickinson McNair. (Forecast, v. 57, no. 4, pp. 22-23. April 1941.) On these pages are two playlets by the above author, one called "Which One" and the other, "Cheery Red." These require two or three persons in the cast. They deal with buying of a wardrobe.

Clothing

A PLANNED WARDROBE VS. HAPHAZARD BUYING. Mrs. H. L. Sandel and Mabel McBain. (Practical Home Economics, v. 17, no. 12, pp. 366-367. December 1940.) This article discusses the planning and choosing of materials and garments for a well-rounded wardrobe for persons with different incomes and social obligations.

Clothing

BETTER BUYMANSHIP. (Department of Research, Household Finance Corporation, Chicago, No. 24, Hosiery, 34 pp. 1940.) This bulleting discusses the buying of hosiery and takes up such questions as: Of what is the stocking made? How is it made? What service will it give? Illustrations show how it is knit, construction of the heel, the shape of the finished stocking, as well as the construction of the fabric itself.

Textiles and Clothing

CORSETS AND BACKACHE. Frank R. Ober. (The Journal of the American Medical Association, v. 116, no. 17, pp. 109. April 26, 1941.) The author says this article is intended to bring up to date one published 30 years ago entitled: "An Experimental Study of Certain Phases of Chronic Backache." It refers to the older article and says that bad corsets could produce a certain kind of backache. Bad corsets and good corsets are described. Our modern idea of the functions of a corset is given as: To restrict motion, to afford protection, and to restore balance. The article states that a tailormade corset is best if the corsetier is adept at making corsets, but that a good type can be remodeled provided the fitter follows the physician's directions. The essential requirements of a good corset are then outlined. There are 10 points in this list. The final advice is given that, if the corset has served its purpose and the associated symptoms disappear, physical therapy measures be taken to restore the patient's own muscles; and when these muscles are strong enough to perform their function, the corset should be omitted.

Textiles and Clothing

ENGLISH MAKING FIREPROOF TEXTILE FROM SEAWEED. (Science Digest, v. 9, no. 6, pp. 55. June 1941.) A brief item which says that textiles are being made from seaweed by a process which makes them fireproof and yet capable of being laundered. It says that this fabric has been soaked in gasoline, kerosene, ignited and the fluid burned away, leaving the fabric the same as before treatment; also that it costs less to make than viscose rayon.

Housing

TRIUMPH OF THE 50-FOOT LOT. Naomi Swett-Gray. (Better Homes & Gardens, v. 19, no. 7, pp. 21-22, 110-111. March 1941. Explains the features that make a house a firetrap. It tells how to bank a fire and advises what to do when the flames start.

Housing

EARTHEN FLOOR AND WALL TILES. Second Series, U. S. Tariff Commission, Report no. 141, 157 pp. 1941. Superintendent of Documents, Washington, D. C. 25 cents.) Included in this book is a description of earthen floor and wall tiles, the raw materials, and process of manufacture, imports and exports, and marketing of the tiles. A description is given of the tile densities or degree of vitrification classified as nonvitreous, semivitreous, vitreous, and impervious. Other factors affecting selection are included, such as size, color, and grades.

Housing

DRY BASEMENTS. Ronald Allwork. (Pencil Points, v. 21, no. 10, pp. 667-674. October 1940.) The cause of basement dampness is due to the presence of water in the basement or to moisture from surface water, and the like. The article tells how to control surface water, ground water, condensation, and other causes of moisture in basements. Diagrams show constructions which help with these problems. Various methods of draining and drywell construction are suggested.

Housing

RURAL HOUSING CONDITIONS IN AN ILLINOIS TOWNSHIP. Larue Spiker. (Social Service Review, vol. 15, No. 1, pp. 81-103. March 1941.) A report of a survey undertaken to determine conditions as to crowding and housing facilities, made in a township 6 miles square in which 652 persons lived. Two hundred inhabitable houses were in the township, and of these, 180 were occupied and were covered in this study; material was gathered on 16 of the 20 unoccupied inhabitable houses. It was found that a poor farm usually affords a poor house. Forty nine percent of the homes had brick or concrete walks of some type. All the 196 houses were frame structures except three, which were of tile, brick, and log. A high percentage of these houses were set on pillars or cornerstone foundation. The air space beneath makes the floors cold and encourages a tendency to store lumber and other articles under the house. Only 40 of the houses were two stories high. Owned homes with basements were twice as frequent as were basements in nonowned homes. The question was asked, Did this township reveal any rural housing advantages besides adequate house space? The answer is: It did, in that all the houses were single family dwellings and that circumstances have contributed to the development of jacks-of-all-trades in the region. Some householders have accomplished "miracles" in making their homes more comfortable. The article cites some examples of what individuals did in covering the outside of their houses with shingles, putting in new window casings, foundations, and making other improvements.

Food and Nutrition

NUTRITION AND FEED UTILIZATION. Louis L. Madsen. (Flour and Feed, v. 41, no. 12, pp. 5-6, 31. May 1941.) This article, which concerns, mainly, animal nutrition, says in part that uneconomical production of farm animals is not the only result of a failure to supply them with adequate food for maintenance and production; nutritional deficiency diseases may occur and not only impair the development and producing capacity of animals but may be so severe as to cause death. Diseases resulting from nutritional deficiencies may be mistaken for or complicated by the presence of parasitic or infectious diseases. The article explains how nutrition sustains vital functioning, the heat-producing values of food constituents, heat energy, and protein requirements.

Food and Nutrition

BETTER NUTRITION FOR THE STRENGTH AND HEALTH SEEKER. Bob Hoffman. (Strength and Health Publishing Co., York, Pa. 1940, pp. 295.) This is written by a director of physical culture. The chapter headings include: The human digestive system; Healthful eating habits; What strong men eat; Be sure your diet is adequate; The relation of food to health; The properties of foods; Human food requirements; Food composition; Planning for food and nutrition.

Food and Nutrition

CELLAR AND PANTRY: THE WINE AND FOOD SOCIETY TRIES NEW CHEESES: AMERICAN-MADE CHEESE. (Country Life, v. 74, no. 6, pp. 50-53. April 1941. A discussion of the 17 distinct varieties of cheese now being produced in the United States. It compares each with its old country namesake. It points out that each of the various cheeses has a score or two of names, mostly local, and that it makes no difference under what name you eat a cheese, the same amount of care went into the making of each. It also tells where in the United States each of these cheeses is made in largest quantities.

Food and Nutrition

SOME ARE SAFE! Myrtle Adams. (Country Life, v. 79, no. 6, pp. 37, 56, 57. April 1941.) This article on mushrooms points out the many kinds that are highly prized as delicacies, but warns against poisonous varieties which closely resemble them.

Food and Nutrition

FEEDING THE FAMILY: KEEP THE TEXTURE SOFT. Eva Selden Banks, Food Editor, Miriam E. Lowenberg. (Parents' Magazine, v. 16, no. 4, pp. 60, 91. April 1941.) A report of a study of the reaction of children to the texture of foods. The author advises keeping the texture soft. She says that it isn't only gummy textures that cause trouble, but lumps can be equally annoying. Children also dislike stringy pieces of such foods as sweetpotatoes and squash.

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

No. 476.

June 25, 1941.

TO HOME-ECONOMICS EXTENSION WORKERS:

Herewith are given references to certain books and home-economics literature that may be of interest to you. Before writing for further information about these references, please consult your librarian.

Sincerely,

Edith L. Allen

Edith L. Allen
Assistant Home Economist.

Markets and crafts — S-T-R-E-T-C-H-I-N-G. Helen Terkelsen. (The American Home, v. 25, no. 5, pp. 72-73, April 1941.) Tells how to stretch and block needlepoint after it has been finished. If well done, needlepoint is very expensive. Instructions for carrying on the work are given in detail.

Markets and crafts — EXPRESSIONS OF RURAL ART. Mrs. Elizabeth Eckhardt May. (Rural America, v. 19, no. 3, pp. 10-11, March 1941.) The author points out the beauty of natural art that may be found in sunsets and other familiar countryside scenes, and the importance of teaching children to see these things. She says that drawing strawberry boxes has its place, but sketching animals and plants familiar to country children is more important. The purpose and need of art education are stated.

Markets and crafts — FLOWER ARRANGING A FASCINATING HOBBY. Laura Lee Burroughs. (Flower Arranging. V. 2, 80 pp. Atlanta, Ga. Coca-Cola Co. 1941). The book is illustrated with full-color reproductions and boquets skillfully arranged. It lists accessories needed in making each arrangement and gives the instruction and motivating idea used.

Markets and crafts — SAY HELLO TO THE HOLIDAYS! (American Home, v. 25, no. 2, pp. 25-31, January 1941.) This article tells how to make Christmas decorations for all parts of the house; such as a plaque for the front door, wreaths for windows, and decorations for mantelpieces and tables.

Textiles and Clothing — TAKE CARE OF YOUR WINTER CLOTHES. (Consumers' Digest, v. 9, no. 4, pp. 45-46, April 1941.) A discussion of mothproofing to help in the saving of woolen clothes. It recommends various methods of mothproofing garments before storing, such as using naphthalene; also putting things in sacks sealed with heavy gummed paper. It suggests packing woolen garments loosely to keep them fluffy. Emphasis is put upon brushing the articles before storing. Silk dresses may be sent to the cleaner, or washed and pressed; leather bags may be cleaned with a shoe cleanser. When storing bags, stuff them with tissue paper, and wrap tissue paper around them.

Textiles and Clothing — VINYON ENTERS CONSUMER FIELD. (Textile World, v. 91, no. 1. pp. 66, January 1941.) This article says regarding the unique properties of vinyon that it is desirable for gloves because the yarn is nonabsorbent and dirt and stains remain on the surface, from which they can easily be removed by washing the yarn in soap solution. Even ink and tobacco can be removed, without damage to the fabric, by means of bleaching agents or ink eradicators. Since vinyon does not absorb moisture, gloves do not shrink when washed, and therefore the exact size may be purchased.

Textiles and Clothing — WATCH YOUR HEELS. M. F. LaBelle. (Consumers' Digest, v. 9, no. 3. pp. 7-10, March 1941.) This article discusses kinds of heels found on shoes and explains their construction and their effect on health and walking. It says that the military heel is not a modification of the Cuban but a distinct type. It tells how to recognize the covered heel - by the seam on the inside - and warns that this heel is not suitable for much outdoor activity or hard usage. Regarding wedges, it says that one should be cautious about wearing wedges, unless accustomed to wearing all types of shoes with a wide range of heel heights. High-heeled wedge shoes are not conducive to good posture, and the average person tends to lean forward when wearing them; they tire the legs and the body when worn for any period of time. Low wedges are as comfortable as an old bedroom slipper and give little more actual support.

Textiles and Clothing — A SIMPLE APPARATUS FOR TESTING FLAMEPROOFED FABRICS. Emily W. Akin and Alfred R. Macormac. (Dyestuff Reporter, v. 30, no. 4, pp. p91-p92, February 17, 1941.) This article discusses various chemicals used in fireproofing garments, such as sulfamic acid and its ammonium salt which provides the fireproofing agent and which does not stiffen the fabric or change its finish. Flameproofing compounds are discussed, including the compound suggested by the United States Department of Agriculture: A solution of 7 ounces borax, 3 ounces boric acid, in 2 quarts of hot water. The fabric is immersed in this solution, dried and ironed. The article says this solution does not prevent scorching or charring of the fabric, but does prevent it from bursting into flame and spreading the fire.

Equipment

FURNITURE MAKERS. (Vocational Trends, v. 4, no. 5, pp. 9-10, May 1941.) This article describes how new, modern furniture is now being made.

Equipment

WOOD MADE AS STRONG AS METAL. (Science Digest, v. 9, no. 6, pp. 52-55, June 1941.) This article, condensed from an article in the March 1941 Architectural Forum, describes the process by which wood in large quantity is being made as strong as metal. It describes characteristics of this wood, which is a plywood and can be bent. Another advantage of such plywood is that it expands and contracts very little in either direction. All the advantages of modern plywood were inherent in Chippendale's plywood frets, but his plywood was produced at great cost because the thin sheets had to be made by hand. The art of decorating with veneer goes back to the time of Tutankhamen. Experiments are being conducted in impregnating wood fibers with resin in such way that the wood will neither swell nor shrink, and so it can be molded, bent, and twisted when heated.

Equipment

HEAT BALANCE TESTS OF A STOKER-FIRED DOMESTIC HEATING PLANT. J. S. Julsrud. (Heating, Piping, and Air Conditioning, v. 13, no. 5, pp. 329-333, May 1941.) A report of a study of the firing of a domestic heating and air-conditioning plant with a bituminous bin feed, ash-removal stoker. It was found that it is possible to obtain good results with coals of different burning characteristics provided attention is given to studying these characteristics to obtain satisfactory fuel-bed conditions. High ash content, except for increased labor of removal, is not objectionable. No smoke nuisance was observed with any of the coals. Absence of dust in the coal bin is most desirable, and it is advised that when stokers are used the coal be dustproof. Diagrams show the arrangement of this plant and its operation.

Equipment

HOW TO USE FLUORESCENT LAMPS AND LIGHTING. E. W. Commery. Abstracted. (Illuminating Engineering, v. 34, no. 3, pp. 426, 427. March 1941.) This article explains some possibilities, characteristics, and advantages of fluorescent lamps. It stresses the point that fluorescent lamps produce only about one-half as much radiant heat as do filament lamps. Fixtures employing inadequate numbers of fluorescent tubes frequently have been used in place of luminaires that formerly furnished considerably more light from filament lamps, with the result that many people were needlessly disappointed. It says that cost is often the greatest misunderstood consideration and real comparisons of the relative operating costs of lighting with filament and fluorescent lamps should take into consideration the depreciation costs of the lighting equipment, interest charges, lamp costs, and hours of operation per year at the prevailing local rate for electric service.

Food and Nutrition

INCREASING EYE APPEAL. (California Cultivator, v. 88, no. 6, pp. 193, March 22, 1941.) This very brief item points out the increasing attention that is being given to "eye" appeal in the developing of packages for fruits and vegetables to attract consumers. One practice used is the washing and drying of potatoes, washing and waxing of carrots, rutabagas, and tomatoes, the defuzzing of peaches. Carrots and other vegetables are now being washed, trimmed, and wrapped in cellophane. One firm has undertaken the packing and shipping of carrots in sealed transparent rubber film packages.

Food and Nutrition

FOOD COSTS MONEY - TAKE CARE OF IT. (Consumers' Digest. v. 9, no. 4, pp. 11-12, April 1941.) This article discusses how to take care of food because it costs money. It says that left-over cooked foods should be kept cool and covered and used promptly. It also tells how to take care of flour, sugar, canned goods, and other provisions.

Food and Nutrition

TO GRADE OR NOT TO GRADE THE FOOD WE BUY. M. C. Phillips. (Consumers' Digest, v. 9, no. 3, pp. 49-53, March 1941.) Describes the use of informative labels in the purchasing of food, blankets, fabrics, and other articles.

Food and Nutrition

CHEESE. Lucius L. Van Slyke, Walter V. Price. (Orange Judd Publishing Co., Inc., 1941, pp. vii + 358.) A treatise on the manufacture of American Cheddar cheese and certain other varieties, intended as a textbook for use in colleges and dairy. It explains the composition of milk and its relation to cheese and the obligations of cheese making.

Food and Nutrition

THE WHOLE CHEESE. Isabel Kelly. (American Cookery, v. 45, no. 10, pp. 628-631, May 1941.) The great variety of cheeses used in America are described. The author says there are nearly 500 separate names for cheese, but there are only about 18 distinct varieties. She describes in greater detail these distinct varieties. Regarding the serving of cheese, she said it should be served with the tea knife or fork; it is not properly eaten with the fingers.

Food and Nutrition

THE NATIONAL NUTRITION PROGRAM. Helen S. Mitchell. (Food Facts, v. 10, no. 8, p. 1, May 1941.) This article presents the functions of the National Nutrition Committee as defined by the States. They are to survey geographically and socially the present coverage of the existing agencies within the State, to analyze the nutritional situation in the State, and to recommend practical methods of reaching all groups of the population, and meeting existing needs.

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

No. 477.

July 2, 1941

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Education

ELEMENTARY EDUCATION FOR FAMILY LIVING. Ellen Miller. (Forecast, vol. 57, No. 3, pp. 14-16, 48, 50, 60, 65. March 1941.) This article points out how the school can help parents and child to be happy and to have a feeling of personal worth and dignity. In doing this the development of skills through food preparation, personal grooming, and handicraft play an important part.

Education

EDUCATIONAL LITERATURE OF L($). Joseph L. Wheeler and Marion E. Hawes. (School and Society, vol. 53, No. 1370, pp. 391-409. March 29, 1941.) A bibliography of education work published in 1940, classified under various headings: Psychology of Childhood and Adolescence and Character Education in Adolescence, by Rudolph Allers; The Psychology of Adolescence, by K. C. Garrison; Child Psychology, by A. T. Jersild; From Infancy to Adolescence, by B. K. Merry and R. V. Merry; Child Psychology for Professional Workers, by F. M. Teagarden; and Emotion and Conduct in Adolescence, by C. B. Zaxhry and Margaret Lighty. In the Field of Mental Hygiene--a study of the relationships between certain aspects of parental behavior and attitudes, by J. P. Anderson, is mentioned. Other topics under which books are listed are Studies of childhood and youth; The community; Consumer education; and Home economics.

Education

VISUAL AIDS AID YOU. Bernice Band. (Practical Home Economics, vol. 19, No. 1, pp. 9-10, 27-28. January 1941.) Discusses the use of films on various phases of home economics, which are available for teachers. A number of film centers in all sections of the county and various directories are listed.

Health

AND SUDDEN DEATH - - - IN THE HOME. Frank W. Brock and Paul W. Kearney. (Better Homes & Gardens, vol. 19, No. 7, pp. 16, 106, 107. March 1941.) Describes a number of accidents which occur in the American home, and their causes. The average daily casualty list amounts to 88 dead, 380 permanently injured, and 537 temporarily injured. The average home accident puts a victim in the hospital for an average of 13 days, followed by 7 weeks of disability at home.

Health

ACCIDENT PREVENTION AND FIRST AID. (American Journal of Nursing, vol. 41, No. 4, pp. 458, 460. April 1941.) A bibliography of free and inexpensive pamphlets and charts relating to safety.

Health

INHERITANCE OF MENTAL DEFECT. Dr. L. S. Penrose. (Scientific Monthly, pp. 359-364. April 1941.) A discussion of the inheritance of mental defects. It explains which defects are inherited and which are not. Most defective individuals become social failures in childhood, adolescence or later, and require institutional care; therefore, are not likely to produce many children. It tells how adverse factors in environment operate on the child and are responsible for mental impairment. Some environmental factors are operative on high-grade children rather than on low-grade children. Prenatal environment sometimes causes defective mentality.

Health

URBAN HOUSING AND CROWDING. Rollo H. Britten and J. E. Brown. (Federal Security Agency, U. S. Public Health Service, Public Health Bul. 261, 123 pp. Washington, D. C. 1941.) Relates to certain characteristics of population as indicated by national health survey data. Discusses crowding in urban households, in geographic regions, by color of population, by size of household, and by age of persons in crowded households. Tables include number of cities and households mentioned in this report; ratio of persons in household to rooms in dwelling unit; percentage of household showing degrees of crowding classified by geographic region and size of city; ratio of population of colored household to population of white household with more than one person in a room; and specified classifications.

Equipment

SOME DEVELOPMENT TRENDS IN THE FARM FREEZING AND STORING OF FOOD. Geo. W. Kable. (Agricultural Engineering, vol. 22, No. 4, pp. 143-146. April 1941.) Discusses freezing and storing of fruit products and results of research by the Department of Agriculture and the State agricultural experiment stations. Enthusiasm for freezing processes should not result in overselling equipment to farm people. Freezing does not improve the quality of fruits and vegetables over their fresh condition, and attention must be given to varieties harvested at the right stage of maturity and the quickness of freezing to obtain best results. Advantages of the cold storage system and some of its disadvantages are listed.

Equipment

BETTER ARTIFICIAL LIGHTING. Hans Blumenfeld. (Science Digest, vol. 9, No. 5, pp. 83-88. May 1941.) A summary of an article condensed from Architectural Record, December 1940.

Equipment

DINNERWARE. (Better Buymanship, No. 18, Household Finance Corporation, Chicago. 28 pp., April 1941.) Attempts to answer many questions that arise in selecting life-time china or when looking for a practical three-meals-a-day set. Discusses types of dinnerware, and tells how to identify one type from another.

Equipment

TEST YOUR KNOWLEDGE OF FLUORESCENT LIGHTING. Charles L. Amick. Abstracted from Electrical Dealer, January 1941, p. 28. (Illuminating Engineering, vol. 34, No. 3. pp. 425, March 1941.) Discusses fluorescent lighting, which produces cool daylight, white and colored light at efficiencies considered impossible a decade ago. Explains how this light is produced by chemical powders, coated on the inside of the bulb, which are excited by a mercury vapor within the bluorescent tube. By employing this combination of powders a variety of colors may be had. In regard to comparative costs of filament for fluorescent lighting, the fluorescent lights furnish light about two and one-half times as efficiently as do filament sources, but, taking all pertinent factors into consideration, the cost of correct illumination with either filament or fluorescent lamps is approximately the same.

Equipment

WHY A POUNDING NOISE IN HOT WATER SUPPLY SYSTEM? F. M. Dawson. (Heating, Piping and Air Conditioning, vol. 13, No. 4, pp. 225. April 1941.) This article, as the title indicates, explains the cause of pounding in the hot-water heating system. A principal cause is the overheating of the water in contact with the heating service, because of poor circulation between the heater and the storage tank.

Food and Nutrition

INCREASE OF VITAMIN B_1 INTAKE BY THE USE OF SPECIAL HIGH VITAMIN B_1 BREAD. Alfred H. Free. (Cereal Chemistry, vol. 17, No. 6, pp. 725-733. November 1940.) A discussion of the report of the Mixed Committee on the Problem of Nutrition of the League of Nations; also, recent research on increase of vitamin B_1 by the use of special vitamin B_1 bread. When such bread was eaten by 17 young college women, no significant alteration appeared in hemoglobin concentrations during this period. If the urinary excretion reflects the state of thiamin nutrition, an improved state of thiamin nutrition in these subjects in indicated. The special bread contributed over 35 percent of total thiamin intake.

Food and Nutrition

VITAMIN B FOR BUOYANT HEALTH. Henry Borsook. (Science Digest, vol. 9, No. 5, pp. 2-9. May 1941.) A summary of a chapter in a book on vitamin requirements.

Food and Nutrition

THE DISTRIBUTION OF NICOTINIC ACID IN HUMAN AND ANIMAL FOODS. A. L. Bacharach. (Nutrition Abstracts and Reviews, vol. 10, No. 3, January 1941, pp. 77, 460, 461.) Reports the distribution of nicotinic acid in human and animal foods, with a brief discussion of a number of studies reviewed. A table shows the nicotinic acid content of various foods. References are given as to sources of figures.

Food and Nutrition

UTILIZATION OF DRIED EGG WHITES IN BAKERY PRODUCTS. Betty M. Watts and Catherine Elliott. (Cereal Chemistry, vol. 17, No. 1, pp. 1-9. January 1941.) Research on the use of dried egg white in bakery products. Eggs prepared by several methods are compared; also their uses in different food products. In cream puffs, for example, the fresh egg gives the best results; and vacuum-dried, the next. Commercial samples of dired whites whip better and are more suitable for meringue mixture than the fresh whites or vacuum-dried material. In batters and doughs, the commercial whites are inferior.

Food and Nutrition

TENDER "FRANKS." (Scientific American, vol. 164, No. 4, pp. 228. April 1941.) Explains how skins enveloping frankfurts are made tender through use of fresh juice of the pineapple. The enzymes in pineapple juice peptize the proteins and soften cell tissues. If frankfurts are allowed to hang for a sufficient time to permit enzymes to do their work, the regular processing by smoking may be continued. The steps that follow, including cooking, cooling, and washing with sprays of water, remove all traces of the juice and its enzymes. The traditional flavor of the sausage remains without even the slightest flavor of the pineapple.

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

No. 478

July 9, 1941

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Sincerely,

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Assistant Home Economist.

Social — RADIO AND THE FARM HOME. John Bradford. (Recreation, v. 35, no. 1, pp. 39-40, 62, April 1941.) A discussion of what the radio can do to improve farm life. First of all, in a great many farm homes radios are still not available. In States where incomes are as low as an average of $186 a year, only 2 to 3 percent have electricity, and even those families that have electricity have other needs that must be supplied before they can afford a radio. Another problem in getting radio information to rural areas is the dead spots in the South, Southwest, and Northwest. In these areas only in the evening and at night is reception good enough to bring in national chain programs. The article advises more study of the needs of rural people aimed toward improving reception for radio programs. It also warns against the fact that many radios are turned on and allowed to run for hours. This promotes a great nervous strain, for no one could possibly be listening all that time.

Social — OUR POPULATION. (The Journal of the American Medical Association, v. 116, no. 14, pp. 1526, April 5, 1941.) Information on the 1940 census. The article says that if the present birth and death rates continue, the population of the United States will fail to maintain its numbers. The median age of our population according to these last figures increased from 26.4 years in 1930 to 28.9 years in 1940. Persons 65 years of age and over now number 8,956,000, an increase of 35 percent over the number in this age group in 1930. Of the urban population between 1930 and 1940, the increase amounted to about 5½ million or 7.9 percent as contrasted with an increase in rural population of about 3½ million, or 6.4 percent. The rate of increase in urban areas has declined. This is attributed to economic conditions of the past decade.

Equipment — WOOL COMFORTS FOR WARMTH. Lillian L. Keller. (The Progressive Farmer, v. 56, no. 4, pp. 43.) This article tells how to make a comfort filled with wool.

Equipment — WE BANISH TEMPER-RUFFLERS AND TIME-TAKERS. Maud Wilson. (Better Homes & Gardens, v. 19, no. 6. pp. 32-33, February 1941.) This article, with many pictures, shows how to arrange closets, dresser drawers, and other storage places so that things may be readily found and much annoyance avoided.

Equipment — HEATING, VENTILATING, AIRCONDITIONING GUIDE 1941. (American Society of Heating and Ventilating Engineers, 51 Madison Avenue, New York, 1941, v. 19.) A handbook filled with data and many expressions and directions for the use and installation of heating, ventilating, and air-conditioning equipment.

Equipment — OF COURSE IT'S SILLY, BUT IT'S FUN! A. Lois Modglin. (The American Home, v. 25, no. 5, pp. 64, April 1941.) Some suggestions for flower arrangement of table centerpieces when one has no flowers, in case such thinkgs as vegetables, nuts, and miniature statuettes are used.

Equipment — RADIANT HEATING. Joseph F. Kern, Jr. (Heating and Ventilating, v. 38, no. 3, pp. 36-66, March 1941.) This article is a comprehensive progress report of low temperature radiant heating for comfort, featuring practical data on design. It describes the use of comfort charts in regulating heating in the home and tells how to design radiant-heating plants. Many applications of the use of this heat are mentioned.

Equipment — THROW EXTRAVAGANCE FOR A LOSS. Beatrice Gray ook. (The American Home, v. 25, no. 5, pp.34, April 1941.) This article tells how one woman refinished five tables for 95 cents. She gives instructions for carrying on the work.

Equipment — GRANDMOTHER HAD HER NOTIONS ABOUT WALLPAPER. Elizabeth Gilrain. (Better Homes & Gardens, v. 19, no. 7, pp. 32-33, 84, March 1941.) This article discusses the selection of wallpaper and describes the construction of cheap and satisfactory paper. For example it says that "skins" are wallpapers cheaply made which are not processed to keep their colors when exposed to light. Raw paper stock is seldom fast to light and "skins" are nothing more than unprotected raw stock printed with a color design.

Handicraft

CREATIVE WEAVING WITH SIMPLE EQUIPMENT. Nellie Sargent Johnson. (Journal of Home Economics, v. 33, no. 5, pp.322-333, May 1941.) The fact is pointed out that expensive equipment and materials are not essential for doing attractive hand weaving. The article states that the main objective of teaching hand weaving has been to stimulate creative self-expression and to what may be done with simple, inexpensive material like silk stockings, left-over yarns in making bags, scarves, and articles for home decoration, such as pillow tops and luncheon sets. The author tells how she handles her group in teaching weaving.

Handicraft

FLORICULTURE FUN. Dale R. Van Horn. (Youth Today, v. 5, No. 4, pp. 51-53, January 1941.) This article tells how to make hanging baskets from carrot plants, table decorations with bluegrass seed sown in corncob. Other plants used in making decorative articles are described, such as sweetpotato, avocado seed, rutabaga, and bluegrass; bluegrass covering a flowerpot, coconut shells for ivy, turnip ball, and the like.

Handicraft

ETCHED IN CELLULOID. A. J. Lockrey. (Youth Today, v. 5, no. 4, pp. 95-96, January 1941.) Tells how to make dry-point etchings on celluloid. A sketch can be copied through this medium.

Handicraft

SCREEN PRINTING COTTON TABLE DAMASK. (Dyestuff Reporter, v. 30, no. 4, pp. p90-p91, Feb. 17, 1941.) This article tells how to print with screens made of silk bolting cloth held in a wooden frame and coated with sensitized gelatin on which the design is reproduced photographically. If everything not wanted in the design is covered with an alkali-resistant paint, the unpainted gelatin is washed out, and the bolting cloth is ready for use.

Handicraft

HOW TO MAKE MONEY AT HOME. Clara Belle Thompson and Margaret Lukes Wise. (Woman's Day, v. 4, no. 8, pp. 11-13, 52-53, 71-73, 75, May 1941.) Describes what is being done in handicrafts by farm and other rural women in making money at home. The authors have quoted from a number of extension reports.

Handicraft

LITTLE FARMER MAKES A GOOD LIVING. (The Southern Planter. 102d year, no. 4, pp. 20, April 1941.) A report of progress made by a family with a low income which has been quite sufficient by following extension methods. One of the mattresses made by this family was in the exhibit of mattress-making in the patio of the United States Department of Agriculture.

Handicraft

THIS IS PATCHWORK. (Woman's Day, v. 4, no. 8, pp. 26-29, 30-31, May 1941.) With colored illustrations and text this article tells about various patchwork quilt patterns and how to make them.

Food and nutrition

THE EVOLUTION OF MAN'S DIETARY REQUIREMENTS. Robert R. Williams. (Journal of the American Dietetic Association, v. 17, no. 5, pp. 415-428, May 1941.) In discussing the evolution of man's dietary requirements this author says that man has been cooking his food for a few thousand years and thus losing a small portion of nature's thiamin supply. There is a very recent practice of decorticating his grain, refining plant juices and making white sugar, and other ways in which he has eliminated certain important chemicals from his diet. However, long-standing habits are difficult to alter, so it is quicker to restore the lost vitamins to staple foods by the use of synthetics, but in doing this we must not lose sight of the fact that there are probably other vitamins of importance that we cannot as yet replace in any way.

Food and nutrition

FOOD INSTEAD OF VITAMIN PILLS. Amalia Lautz. (Hygeia, v. 19, no. 5, pp. 400-404, May 1941.) This article says that hardly a week passes without a newspaper's announcing a recent discovery of a new vitamin or something else that possesses health-giving powers, and points out the extent to which all this is advertised, and then stresses the fact that fortunately foods in their natural state contain a large assortment of vitamins, minerals, and other substitutes discovered and still to be discovered, which are essential to health. It then advises people to get all necessary vitamins from natural foods since the pills and capsules in the drug store have been separated from the foods that originally contained them or have been made. Therefore they are medicines and not foods.

Food and nutrition

PURCHASING FRUIT AND VEGETABLES. G. L. Wenzel and Leo Mayers. (The American Restaurant Magazine, v. 25, no. 3, pp. 49-52, March 1941.) Discusses some problems met in buying foods intelligently. The article outlines proper specification for most foods and vegetables. For example it says that broccoli should be fresh, green, firm, and tender, with compact buds that are dark green and have short, brittle stalks. A diagram indicates the comparative length of the stalks of broccoli, and of peas and beans in pods. It also shows something about the size of oranges and other citrus fruits.

Food and nutrition

VITAMINS AND SENESCENCE. Agnes Fay Morgan. (The scientific Monthly, v. 52, no. 5, pp. 416-421, May 1941.) A discussion of the use of various vitamins in the prevention of senescence. The study reported was made on rats and dogs. The author says in conclusion that old-age phenomena can doubtless be deferred indefinitely, but modern living seems to bring them on earlier than need be. It seems as if primitive man obtained more of the necessary food factors from the unrefined plants and animals on which he subsisted than we can get from our refined milk and cooked dainty fare.

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

No. 479

July 16, 1941.

TO HOME-ECONOMICS EXTENSION WORKERS:

Herewith are given references to certain books and home-economics literature that may be of interest to you. Before writing for further information about these references, please consult your librarian.

Sincerely,

Edith L. Allen

Edith L. Allen
Assistant Home Economist.

Organization

WITHOUT TEACHER: STUDY CIRCLES. David L. MacKays. (Journal of Adult Education, v. 13, no. 2, pp. 158-161, April 1941.) A discussion of the organization and conduct of study circles. It compares the study circle movement in Sweden which had its origin in 1902 as being a type of educational organization that arises naturally, and that the discussion is vital, an indispensable part being a book read previous to the discussion. In the American example of study circles there is no teacher, and it follows the Swedish pattern in all respect except that the American group deals mostly with factual material relating to sociology and psychology of family life or to problems relating to the interest of the particular group. It is not built around a definite philosophy as is the Swedish type. The American method is not handled as a philosphy but as a means of adapting educational procedure to informal study.

Organization

ORGANIZING COMMUNITY MEETINGS. D. E. Lindstrom. (Rural America, v. 19, no. 3, pp. 5, March 1941.) This article discusses community meetings as a means of adult education in rural America which are frequently held in the home, schools, churches, town halls, and similar places, many of which are attended by family groups. It then tells to what extent the county agricultural and home demonstration agents have been used in community meetings to bring the benefits of the Extension Service to the rural people. It says that there is a distinct difference between a meeting in the community and the community meeting. To be truly a community gathering, all organizations and all districts are represented because the membership is open.

Equipment — HOW TO BUY A STOVE. Willie Vie Dowdy. (Southern Agriculturist, v. 71, no. 5, pp. 27, May 1941.) Tells how to buy a stove and the different features to look for, whether it be fired by wood or oil.

Equipment — COOKING IN THE BACKYARD. (Consumers' Digest, v. 9, no. 5, pp. 1-5, May 1941.) How to build your fireplaces and construct other pieces of equipment to use in connection with them. Diagrams of constructions are given.

Equipment — FACTS ABOUT WALLPAPER. Edna S. Sollars. (Consumers' Digest, v. 9, no. 5, pp. 9-13, May 1941.) Explains the difference between good and poor wallpapers and tells how to recognize fadeproof paper. It also gives instructions for choosing the color and pattern.

Equipment — HOW TO RECOGNIZE GOOD CHINA. O. K. Burger. (Consumers' Digest, v. 9, no. 5, pp. 54-59, May 1941.) How to recognize china known as porcelain and semiporcelain, and how each is constructed and decorated.

Equipment — IT'S NO CHORE WITH A WORKROOM. Charles Dart. (Successful Farming, v. 39, no. 4, pp. 30, 32, April 1941.) This article contains plans for a farm family's workroom.

Equipment — WOOD FINISHING PLAIN AND DECORATIVE. F. N. Vanderwalker. (Frederick J. Drake & Co., Chicago, 1940, 361 pp.) Kinds of wood; how to finish them, and prepare the surface; the kinds of stains and paints made in factories, and how to apply them. The book is intended for those who are painting houses and interior trims as well as finishing furniture.

Equipment — VICTORIAN VAGARIES BECOME VIRTUES. Karla V. Parker. (American Cookery, v. 45, no. 8, pp. 481-488, March 1941.) Describes Victorian furniture, most abundant in the Middle West, where it is the true antique of the locality, as well as some of the pieces and finishings and upholstery that are suited to go with it.

Equipment — GOOD NEWS IN KITCHEN EQUIPMENT. Constance Pierson. (American Cookery, v. 45, no. 8, pp. 489-496, illus., March 1941.) Kitchens and their equipment are illustrated and the various advantages and disadvantages are discussed, as regards lighting, working space, and other factors.

Social

THE COMMUNITY AND ITS YOUNG PEOPLE. M. C. Chambers. (American Council on Education, Washington, D. C., 1940, 36 pp. paper.) A discussion of local conditions which affect youth in America by giving the Nation-wide panaroma of the distribution of the population, in which it says that there are 16,366 incorporated places in the United States, ranging in population from a mere handful to 7 millions; 13,340 of these incorporated places have not more than 2,500 people within their boundaries. Other topics are discussed: Facts about youth; where will youth find jobs; education, health, and recreation; streamlining local government; what youth can do.

Social

BUILDING RURAL COMMUNITIES. Ruth Buxton Sayre. (The Woman's Press, v. 35, no. 5, pp. 221-222, May 1941.) The building of rural communities and the effect of the automobile on rural life are discussed. New social patterns brought about by consolidated schools, federated churches, and combined stores are desribed. The village merchant still wants to buy cheap food and sell his merchandise as high as possible so that the ancient conflict between the village merchant and the farmer who wants to buy cheap and sell high continues. Suggests planning for a better relationship through planning groups.

Social

WOMEN WORKERS AND FAMILY FINANCES. (The Woman Worker, v. 21, no. 3, p. 3, May 1941.) A problem of family finances where the women work. Women living apart from their families constituted one-fifth of all studied. The conclusion reached had been that for a wholesome life a woman living alone needs a minimum of $84 a month in Utah or more than this in a city the size of Cleveland. It was found that 3.8 women sent money regularly to their families, though their earnings averaged $96 a month in Utah and $103 in Cleveland.

Sociol

RURAL LIFE IN PROCESS. Paul H. Landis. (McGraw-Hill Book Co., Inc., New York, 1940, pp. xvii-599.) The author says that the word "process" used in the title of this book implies primarily the fact that rural life is in a state of rapid transition. New patterns are at many points replacing the old. The contents of the book discusses rural life in an urban-industrial society; the structural pattern of rural society; population as a factor in social organization; social experience and personality formation; interaction processes of a dynamic society; social institutions in a changing culture; and problems that emerge in a dynamic society; such as those of youth; farm tenure; farm labor; welfare institutions; and health.

Food and nutrition

A STUDY OF VITAMIN C NUTRITION IN A GROUP OF SCHOOL CHILDREN. Part II. Dietary Evaluation. Elizabeth Murphy. (The Journal of Nutrition, v. 21, no. 5, pp. 527-539, May 1941.) The second part of this report, it takes up the evaluation of the dietary used. In the findings of vitamin C undernutrition, a large percentage examined showed plasma ascorbic acid values of less than 0.40 mg. percent, while a slightly lesser number showed oral inflammation. Large losses of vitamin C attributed to the effects of storage and poor canning methods emphasize the dietary relation to the clinical symptoms.

Food and nutrition

VITAL VEGETABLES: HOW TO USE THEM. Leslie Powell. (The C. W. Daniel Co., Ltd., London, 1940, 63 pp. paper.) An English publication with recipes for preparing such vegetables as artichokes, asparagus, beans, cabbage, carrots, and other common vegetables.

Food and nutrition

FOODS AND NUTRITION. Fern Silver. (D. Appleton-Century Co., New York, 1941, xi-522pp.) A textbook intended for senior high schools, it takes up the foods in relation to energy and growth, minerals in relation to body nutrition, the vitamins, adequate diets, planning, preparing, and serving of meals, and something on the consumer buying of foods.

Food and nutrition

NICOTINIC ACID. (Merck & Co., Inc., Rahway, N. J., October 1940, 142 pp.) As the title indicates, this is a bibliography covering the discussion of nicotinic acid from 1867 until May 1940. The comments accompanying each title explain the history and characteristics of this vitamin.

Food and nutrition

STUDIES ON THE VITAMIN C METABOLISM OF FOUR PRESCHOOL CHILDREN. Milicent L. Hathaway and Frieda L. Meyer. (The Journal of Nutrition, v. 21, no. 5, pp. 503-514, May 1941.) A report of a study of vitamin C requirements in healthy preschool children. Records were made of their caloric intake as well as vitamin C. The tissues were first saturated with vitamin C and then at various periods of 1 week or 2 weeks they were given new levels of the vitamin. It was found that the utilization of ascorbic acid was relatively constant at levels of intake from 31 to 50 mg., and the average for these four children was 23 plus or minus 2 milograms. This average is somewhat lower than that reported in the literature for adults.

Food and nutrition

THE CANNING TRADE. Paper. (The Canning Trade, Baltimore, Md., 1940, v. 63, no. 42, 262 pp.) A trade handbook giving the names of associations and officers; food laws and regulations; standards of identity, quality, and fill of container for canned foods, such as peaches, preserves, and milk. Canned food grades are also given, sizes of cans, weights of canned foods in different size containers, and statistics showing the range of prices for canned foods during 1940.

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

No. 480

July 23, 1941

TO HOME-ECONOMICS EXTENSION WORKERS:

Herewith are given references to certain books and home-economics literature that may be of interest to you. Before writing for further information about these references, please consult your librarian.

Sincerely,

Edith L. Allen

Edith L. Allen,
Assistant Home Economist.

Child Care — HAVE YOU TRIED SILENCE? Hariet Devan Soule. (Parents' Mag., vol. 16, no. 5, pp. 23, 61. May 1941.) This article stresses the importance of giving a child time and quiet in which to think things out for himself. It also gives some caution regarding when to talk or divert the child's attention, and when not to.

Child Care — THE NEW BABY. Harold H. Anderson. (National Parent-Teacher Mag., vol. 35, no. 7, pp. 25-27. March 1941.) This article tells how a mother handled the problem of the 7-year old son's relation to his baby sister in such way that he developed no antagonism or jealousy toward her.

Child Care — SHOULD YOUR CHILD OBEY YOU? Gladys Denny Shultz. (Better Homes & Gardens, vol. 18, no. 7, pp. 58-60. March 1941.) This article says we no longer look upon obedience as an end in itself, but insist upon it because we know that the child will have a better life if he is properly guided than he will if he starts running his affairs too young.

Child Care — MATERNAL AND CHILD HEALTH PROGRAMS UNDER THE SOCIAL SECURITY ACT. Edwin F. Daily. (Amer. Jour. Pub. Health, vol. 31, no. 2, pp. 117-120. February 1941.)

Personal

IN SEARCH OF A NORMAL LIFE. S. Bernard Wortis. (Hygeia, vol. 19, no. 4, pp. 300-302, 329. April 1941.) Discusses the normal life of individuals and groups it roughly into five periods: (1) birth; (2) adolescence; (3) marriage and raising the family; (4) physiological change of life; (5) old age. It discusses each of these periods at considerable length and says among other things that people who cannot face the stress of marriage often develop nerves and mental illness. In the stage of old age, the body organs, including the brain, function less actively, therefore the old person fatigues easily, his memory is less accurate, and he may be impatient and dislike change. This condition is due most generally to fear. Tells how each group should manage or be managed in order to live as rationally as possible. The author advises that the older person recognize the fact of his failing strength and take up interests which are not so strenuous.

Personal

THE PSYCHOLOGY OF DEALING WITH PEOPLE. Wendell White. (Macmillan Co., New York, 1941, completely revised, x + 268 pp.) Part 1 deals with people in general life situations; part 2, with preventing wrongdoing; part 3, with preventing mental abnormality; and part 4, with furthering mental health. This book introduces the reader to various methods used in influencing people; how to protect one's self against certain types of influence by others which might be detrimental; the recognition of methods used in persuading people to make gross errors; and the understanding of people who have unhampered ambition. Other mental abnormalities are mentioned.

Personal

HEREDITY AND MENTAL TRAITS. Barbara S. Burks. (Sci. Monthly, vol. 52, no. 5, pp. 462-468. May 1941.) A study of resemblance between members of a family in mental traits. The discussion is mainly around the differences found among identical and unidentical twins as they are usually brought up under much the same conditions and therefore give a better index to use in compiling data. The article urges more study along this line.

Personal

MAKE LOVE A HABIT. Paul Popenoe. (Hygeia, vol. 19, no. 4, pp. 270-272, 304. April 1941.) In this discussion of family relationships, the author emphasizes the importance of making love a habit and in this way avoiding the pitfalls of incompatibility into which so many couples fall.

Personal

THE ART OF LIVING. Andre Maurois. Translated from the French by James Whitall. (Harpers Bros. Publishers, N. Y., 1940, v + 323 pp.) The chapter headings of this book are: Art of living; marriage; family life; friendship; thinking; working; leadership; growing old; and happiness.

Textiles and Clothing

THE INCREASED INTEREST IN FLAX - II: Chemical Processing - Cottonizing and Bleaching - New Machinery. F. G. Brown. (Textile Colorist, vol. 63, no. 746, pp. 90-93. February 1941.) A continuation of an article ending on page 12 of a preceding number. It deals with cottonizing of flax. "Cottonizing" is the conversion of flax or hemp into short fibers having much the same characteristic as cotton; and they are woven in the same way. Tells the extent of the use of such fiber and gives some tests to use in identifying these short flax fibers in marketed goods. True linen can be most readily told from cotton by the long fibers which are found upon untwisting the yarn and by the fact that some of the fibers branch and can be split readily because they are small fiber bundles instead of actual single fibers. Cotton is rarely much over an inch long and the linen is cut quite a little longer than this.

Textiles and Clothing

A NEW FACTOR IN TEXTILE CHEMISTRY: THE HYDROGEN BOND. Charles F. Goldthwait. (Dyestuff Reporter, vol. 30, no. 7, pp. 166-168. March 31, 1941.) Explains a new conception in chemistry now believed to play an essential part in the structure of cellulose and protein fibers and in the fixation of dye on fibers. This is known as the hydrogen bond. The bonds are effective in holding such molecules as thiamin molecules together in colloidical particles. This bond will furnish a vehicle for supplementing some fundamental and more difficult textile problems.

Textiles and Clothing

SOME SCIENTIFIC ASPECTS OF INFORMATIVE LABELING. Henry F. Herrmann. (Amer. Dyestuff Rptr., vol. 30, no. 8, pp. 194. April 14, 1941.) Discusses labeling from the standpoint of the trade. The basis of the informative labeling is to give information and the questions that arise are: Who has the information; who should supply it; how much should be given to the public and in what manner and in what language; where do legal requirements commence and leave off; and how much advertising propaganda is permitted. The 'Truth in Fabrics Law' only points the way to some of the requirements with which the trade is facing.

Textiles and Clothing

PERSIAN TEXTILES. Nancy Andrews Reath and Eleanor B. Sachs. (Yale Univ. Press, New Haven, Conn., 1937, viii + 275.) This book gives a table classifying textiles made in Persia. It discusses distinctive types and gives definitions of their terms. Diagrams and plates show details of weaving and the structure of some fine textiles made in Persia and which are now found in museums.

Food and Nutrition

THE EFFECT OF CERTAIN CARCINOGENS ON VITAMIN A IN THE LIVER. C. A. Baumann, E. G. Foster, and P. S. Lavik. (Jour. Nutrition, vol. 21, no. 5, pp. 431-434. May 1941.) This article concludes that there was no correlation between the carcinogenicity of a compound and its effect on vitamin A. Butter yellow, which is carcinogenic, and carbon black, which is non-carcinogenic, were without effect on the vitamin. A decrease of vitamin A therefore is not a necessary prerequisite to tumor formation.

Food and Nutrition

LOOK BEFORE YOU COOK. Rose Brown and Bob Brown. (Robert M. McBride and Co., New York, 1941, 404 pp.) A cookbook which discusses the advantages and disadvantages of using canned and other types of food. It points out when it is a waste of time and money to prepare certain food in the kitchen, and when this may be done to advantage.

Food and Nutrition

FEEDING THE FAMILY. Eva Selden. (Parents' Mag., vol. 16, no. 5, pp. 52, 82. May 1941.) This article tells what is being done in the way of formulating standards for vitamin-enriched flour and how bakers and millers are cooperating in the production and use of this flour. It also tells of the process.

Food and Nutrition

THE FOOD PROBLEM IN THE GERMAN WAR ECONOMY. Frederick Strauss. (Quart. Jour. Econ., vol. 55, no. 3, pp. 364-412. May 1941.) Discusses lessons learned in the last World War regarding nutrition of the soldiers and civilian population; accomplishment of the food program put into effect in more recent years; problems that arise in relation to production, farm labor, supply of farm machinery and other influences; and factors influencing the domestic food supply and potential food imports.

Food and Nutrition

VITAMIN A DEFICIENCY: A FIELD STUDY IN NEWFOUNDLAND AND LABRADOR. David Steven and Geo. Wald. (Jour. Nutr., vol. 21, no. 5, pp. 461-476. May 1941.) A report of a study of vitamin A conducted in Newfoundland and Labrador. From this study it was found that both vitamin A deficiency and beriberi are most prevalent in February and March. Excluding infants, these diseases were found principally in adults. Vitamin A deficiency occurred in both sexes at an average age of about 26. Beriberi primarily affected the males of an average age of about 40.

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

No. 481 July 30, 1941.

TO HOME-ECONOMICS EXTENSION WORKERS:

Herewith are given references to certain books and home-economics literature that may be of interest to you. Before writing for further information about these references, please consult your librarian.

Sincerely,

Edith L. Allen

Edith L. Allen,
Assistant Home Economist.

Equipment — WHEN YOUR SINK COMES IN. T. S. Jones. (Capper's Farmer, vol. 52, No. 4, pp. 56-57, April 1941.) Discusses various arrangements of kitchens when a sink is being installed.

Equipment — THE BETTER TO SEE. Marianne Kittell. (Capper's Farmer, vol. 52, No. 4, pp. 57, 68, April 1941.) Refers to illumination for the home. Good lighting means a wise choice not only of lamps but of bulbs of right wattage. A 100-watt bulb will furnish as much light as 6 25-watt bulbs, but when distribution of light is needed, smaller bulbs properly placed are satisfactory.

Equipment — THE FEDERAL PERIOD. (House and Garden, vol. 79, No. 5, pp. 43-47, May 1941.) Four pages of illustrations of leading decorative styles of the Federal Period. This was the period in which Duncan Phyfe did his work. A discussion of Federal interiors adapted to today.

Equipment — THE INTEGRATION OF NATURAL AND ARTIFICIAL LIGHT. (Architectural Record, vol. 89, No. 4, pp. 68-76, April 1941.) This, the second part of an article on the subject, explains methods by which an architect can achieve the correct integration of natural and artificial light suitable to the environment in which it is to be used. Takes up means of reducing glare in general lighting. Diagrams show distribution and placing of light. Space is given to control of sunlight and to problems related to artifical illumination of rooms with windows.

Housing — PLAN A HOUSE THAT GROWS. (Parents' Magazine, vol. 16, No. 4, pp. 56-57, 96-98, April 1941.) This article with drawings shows how to plan a small 2- to 4-room house which can be made into a much larger one.

Housing — MAKE YOUR HOME A FIRE-TRAP. Eugene Raskin. (Better Homes & Gardens, vol. 19, No. 7, pp. 22-23, March 1941.) Explains features that make a fire-trap out of a house. Tells how to trap the fire so that it will not pass across open spaces. It advises what to do when flames start.

Housing — THE LAW OF PUBLIC HOUSING. William Ebenstein. (University of Wisconsin Press, Madison, Wis., pp. ix + 150, 1940.) A compilation of laws relating to housing throughout the United States. Chapter headings: The elements of the housing problem; Government and housing; Public housing and the law; Federal; Public housing and the law; State; Foreign experiences and problems. The text of a number of housing acts are given.

Housing — A WOMAN'S TOUCH IN PLANNING SMALL HOMES. (What's New in Home Economics, vol. 5, No. 9, pp. 24-30, illus., May 1941.) Tells what the homemaker should look for in planning the house to make it livable and comfortable.

Housing — MODERN DESIGN. Technical Bulletin No. 2. (U. S. Fed. Housing Adm., Washington, D. C., 9 pp., March 1, 1941.) Discusses characteristics of modern design in housing, the plan, interior and exterior design. It also touches on the subject of materials and methods of construction, and property standards.

Housing — NEW APPROACHES TO FARMHOUSE DESIGN, CONSTRUCTION, AND EQUIPMENT. Joseph W. Simons. (Agricultural Engineering, vol. 22, No. 5, pp. 181-184, May 1941.) This article says, in the country as a whole the trend of design of farm houses has been toward the urban type, since most of the publications and plans circulated and discussed originally have been designed to meet urban conditions. This new approach, presented in this article, deals with problems that make the house better adapted to farm conditions; such as, floors and their influence on comfort, wall construction in relation to climatic conditions, the planning of the kitchen, heating equipment to meet costs, and farm fuel requirements.

Housing — DOMESTIC ARCHITECTURE. H. T. Lindeberg. (Wm. Halburn Inc., New York, xvi + 310 pp., 1940.) A very large volume of exterior views and house plans.

Textiles and Clothing

SHRINK RESISTANCE WITHOUT CREASE RESISTANCE. C. H. S. Tupholme. (Textile Colorist, vol. 63, No. 746, pp. 124, February 1941.) Describes briefly a new process which makes cotton cloth, such as calico, shrink resistant without becoming crease resistant. This quality is desirable for fabrics to be pleated and creased.

Textiles and Clothing

INTERESTING SOURCES OF NATURAL DYESTUFFS. C. D. Mell. (Textile Colorist, vol. 63, No. 746, pp. 127, February 1941.) Tells how to produce a yellow dye from Hypercium perforatum (St.-John's-wort). Essentially the same sort of yellow pigment occurs in practically all species of Hypercium, of which a good many are natives of Western Europe.

Textiles and Clothing

SUMMARY: FROM THE RAW COTTON TO THE FINISHED FABRIC. (Women's Wear Daily, vol. 62, No. 101, pp. 30-32, May 22, 1941.) These two pages, with illustrations, set forth in diagram form the steps from the growing of the cotton plant to the final production of printed goods. It shows what part of the cotton fiber is useful, how it is graded, cleaned, and prepared for weaving, the steps in spinning, weaving and finishing, dyeing and printing.

Textiles and Clothing

STRETCHING THE CLOTHING DOLLAR. (Household Finance Corp., 919 N. Michigan Ave., Chicago, 1941, pp. 44.) A book on planning the wardrobe and budgeting funds for supplementing it. Discusses style, trend, color, home sewing, buying, the use of labels, and how to judge fabrics. Some attention is given to the care of clothing.

Textiles and Clothing

FASHION TIPS FOR THE BUSY WOMAN. Marion B. Jarett. (Consumers' Digest, vol. 9, No. 4, pp. 7-9, April 1941.) Tells how to overcome the problem of never having the right thing to wear, and tells how to build an effective wardrobe. It lists garments which should be in a well-selected wardrobe.

Textiles and Clothing

BLUE BOOK 1941 FOR MANUFACTURERS AND DISTRIBUTORS OF SOAPS, etc. (MacNair-Dorland Co., 254 West 31st Street, New York, 227 pp.) The thirteenth annual buyers' guide issued by this organization. On page 107 is a chapter on cold-process soaps, explaining how to make them, and some problems that arise. Other chapters deal with soap perfuming, furniture and auto polishes (gives recipes), the evaluating of insecticide odors, and specifications for soaps of various types.

Food and Nutrition

NUTRITION AND THE NURSE. Lenna F. Cooper. (The American Journal of Nursing, vol. 41, No. 7, pp.772-774, July 1941.) An outline of man's concern about nutrition through the ages as based on writings of the ancients. For instance, Pythagoras said: "Eat moderately, bathe plentifully, exercise in the open air, and climb the hills alone." It tells what we have learned through recent research that has changed our methods of preparing and cooking foods, and says that most foods and vegetables retain their vitamin content longer when kept at a fairly low temperature than when kept at a medium temperature. Chopped vegetables and fruits lose much of their vitamin value on standing. These are served generally in salads. Potatoes also lose vitamins, minerals, and proteins when allowed to stand in water after paring, especially when sliced. Such foods should be used as soon as possible after paring or chopping. The article also says the teacher of nutrition must measure the success of her teaching by the personal application which her students make to their own problems and habits of eating.

Food and Nutrition

FOODS WILL SUPPLY YOUR VITAMINS. William S. Barton. (Science Digest, vol. 10, No. 2, pp. 62-63, August 1941.) An article condensed from the Los Angeles Times which urges that a list be prepared of a dozen, or even one-half dozen, foods that are outstanding in the large amount of known vitamins which they contain so that people might obtain the essential vitamins from such foods rather than from pills from the drug store. It cites apricots as among the fruits that are rich sources of vitamin A. Pork and ham are the vitamin B_1 meats, though they may be deficient in other vitamins.

Food and Nutrition

AMERICA HAS A NEW FOOD CHART. (What's New in Home Economics, vol. 5, No. 10, p. 8, June 1941.) Presents the new food chart of the Committee on Food and Nutrition of the National Research Council, released in May 1941. Footnotes explain the chart.

Food and Nutrition

EAT AND GROW THIN SAFELY. Asa C. Chandler. Condensed from a chapter of the book "The Eater's Digest." (Science Diges, vol. 10, No. 1, pp. 5-10, July 1941.) A discussion of the daily expenditure of calories by a man who worked at a desk and other occupations. It says that the important thing to remember is that an hour's active exercise requires only about 150-200 calories more, than the usual 2500 per day of a "white-collar" man. Discusses reducing diets in which minerals and vitamins are not reduced along with the calories. It questions whether over-eating has any direct relation to a diseased condition with which it is associated. Reducing medicines are pointed out as being dangerous.

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

No. 482 August 6, 1941.

TO HOME-ECONOMICS EXTENSION WORKERS:

Herewith are given references to certain book and home-economics literature that may be of interest to you. Before writing for further information about these references, please consult your librarian.

Sincerely,

Edith L. Allen

Edith L. Allen
Assistant Home Economist.

Social — SOCIAL VITAMINS FOR OUT-OF-SCHOOL YOUTH. Freddie Link. (Practical Home Economics, vol. 19, No. 4, pp. 125, 144, April 1941.) A discussion of some problems of school youth in relation to their social situation and what can be done to improve it. Some things suggested are, building up self confidence and the feeling that one is loved and wanted. Other ways of bolstering up youth is to conduct discussions on personal grooming and social etiquette accompanied by demonstration. Also opportunities for making simple clothing.

Social — THE UNITY OF RURAL CULTURE. Rockwell C. Smith (Mountain Life and Work, vol. 18, No. 1, pp. 1-4, Spring 1941.) A discussion of the differences in unity of culture between rural and urban groups.

Social — ART OF BETTER DEMOCRATIC LIVING. (School and Society, vol. 53, No. 1375, pp. 575-577, May 3, 1941.) Various modes and standards of behavior from early times to the present are reviewed, as well as the art forms that were considered desirable in each era in headgear, hairdress, personal ornamentation, and clothing. When one visits a museum, one appreciates the attitude of men and women who, through the ages, have made all sorts of efforts to promote mutual attractiveness. The article suggests the study of color for both personal and home needs and how it may be attained through well-chosen slip covers and other devices where the budget forbids a new chair or other article.

BIRD HOUSES: BATHS AND FEEDING SHELTERS. Edmund J. Sawyer. (Cranbrook Institute of Science Bul. No. 1, 3d ed. 38 pp. paper, illus. December 1940.) Tells how to make bird baths, feeding shelters, and bird houses. Diagrams shown give details of construction and dimensions.

Handicraft

FLOWER FUN. Irma Frances Dupre'. (The Haeger Potteries, Inc., Dundee, Ill., 1941, 15 pp., illus.) This little booklet, with numerous illustrations, explains basic rules in flower arrangement, including unity of line, color harmony, and also the selection of pottery and vases to accompany or hold the bouquet.

Handicraft

THE AMERICAN CRAFTSMAN. Scott Graham Williamson. (Crown Publishers, N. Y., pp. xiv + 239, illus., 1940.) This book discusses the beginning of crafts in America. One, the building of houses; another, furniture making. Describes the work of craftsmen in clay, makers of glass, American silversmiths, weavers, ironmasters and other metal workers. The last chapter deals with crafts today. This contains considerable information about how the craftsman proceeds in making an article.

Handicraft

ANCIENT CIVILIZATION OF THE ANDES. Philip Ainsworth Means. (Charles Scribner's Sons, New York, pp. xi - 586, illus., 1936.) This history devotes almost 100 pages to the art of the loom in ancient Peru. Illustrations show the designs and weaves of a number of fabrics. Discusses raw materials, spinning, and places of weaving, and the various textiles manufactured.

Handicraft

HAND WEAVING AND DYEING IN TEXAS. (The Woman Worker, vol. 21, No. 3, pp. 15, May 1941.) This brief item calls attention to a weaving and dyeing project set up by the WPA and sponsored by Texas Technological College at Lubbock. One of the objects of this is to determine what Texas plant material could be used for dyes and to discover their commercial value and the value of raw materials woven into various products by hand. More than 200 native plants have been tested, and many staple dyes have been developed, giving colors that cannot be duplicated by chemicals.

Handicraft

PEWTERCRAFT AS A HOBBY. Emanuele Stieri. (Harper & Bros., New York, 110 pp., illus., 1940.) A history giving the development of pewter crafts that explains various processes and tools used in forming pewter articles. The last part of the book is given over to a discussion of making certain articles such as borders, ash trays, shawls, boxes, and outdoor-lighting fixtures.

Textiles and Clothing

NATIONAL YOUTH ADMINISTRATION DESIGNS TWO TYPES OF COVERALL-UNIFORMS FOR GIRL WORKERS. (Women's Wear Daily, vol. 62, No. 106, pp. 6, May 29, 1941.) This article with two illustrations by the NYA shows some garments designed in cooperation with the Bureau of Home Economics.

Textiles and Clothing

NATURAL PROTEIN-BASE SPUN FIBERS. F. C. Atwood. (American Dyestuff Reports, vol. 30, No. 6, pp. 138, 162, March 17, 1941.) Explains the difference between natural protein fibers, spun fibers, and rayon fibers. The protein base fiber is not regenerated protein in the way that rayon is regenerated cellulose. It therefore should not be called synthetic or artificial. All commercially known protein base fibers are treated or combined with formaldehyde after being spun. Protein base fibers are distinct entities, however.

Textiles and Clothing

CHEMICAL CLOTHES FOR EVERYBODY. James Stokley. (Science Digest, vol. 10, No. 1, pp. 54-57, July 1941.) A discussion of various synthetic fibers now in use. It says that the greatest majority of people would guess that the 1930-1940 period was the time of development of these fabrics but the correct date is 1868, when the cool celluloid collar worn by grandfather first appeared. It was in 1890 when it was discovered that plastic could be made from casein, prepared from milk and formaldehyde, still used for buttons and buckles. The modern plastic material was first made about 1910.

Textiles and Clothing

ON THE HEAT TRANSMISSION OF TEXTILE FABRICS. Part II. C. D. Niven. (The Journal of the Textile Institute, vol. 31, No. 10, pp. T219-T229, October 1940.) A discussion of the problem of thickness of clothing in relation to heat transmission in which the clothing of men and women are compared. Results show that women can be as warmly clothed as men, without wearing unusual clothing. At present, men's clothing has a thermal insulating value about 20 times that of women. It was found in this study that the clothing which a person may be wearing changes in thermal insulating value when the air movement in the room changes. Diagrams show some degrees of change that took place.

Textiles and Clothing

KNOW THE FIBERS OF RARE ANIMALS. (Women's Wear Daily, vol. 62, No. 117, pp. 6-8, 15-19, 20-23, June 16, 1941.) A series of discussions on such subjects as how to know wool fiber, its characteristics, the labeling of woolen goods, and how to know the fibers of rare animals. Illustrates and discusses fibers of the llama, camel, alpaca, misti, surl, and hurizo; and tells how to know about the manufacturing of wool fabrics, the weaving, methods of knitting, and the like.

Food and Nutrition

WHAT ARE THE VITAMINS? Walter H. Eddy. (Reinhold Publishing Corp., 330 West 42d St., N. Y., 247 pp., 1941.) Explains what the vitamins do and their various properties and function. It is intended for the lay reader as well as for the technical worker. Each vitamin is treated in a separate chapter, in which the symptoms caused by deficiency in it are described, the chemical composition of the vitamins which have so far been determined, and the therapeutic values of the vitamin are given.

Food and Nutrition

THE EFFECT OF LONG COOKING UPON THE STABILITY OF THIAMIN VITAMIN B_1 IN CEREALS. Flora Hanning. (Journal of the American Dietetic Association, vol. 17, No. 6, pp. 527-530, June-July 1941.) A report of the effect of long cooking on the stability of vitamin B_1 in cereals. Two series of experiments were made with rats. In one series, five cereal products, both raw and long cooked, were compared. In the second experiment, uncooked Michigan grown winter wheat was compared with that cooked at both high and low temperatures. A summary of the results says the small loss in vitamin B_1, due to long cooking, was not statistically significant except in the supplemented cereal mixture. The results of the cooking of the wheat showed that soaking and cooking whole grain wheat destroyed significantly more vitamin B_1 than did cooking the soaked whole wheat in a double boiler, or cooking cracked wheat without soaking either in a double boiler or in a pressure cooker.

Food and Nutrition

CHOICE CUTS: A GUIDE TO SMART MEAT BUYING. (House Beautiful, vol. 83, No. 6, pp. 70-71, 96, 100. May 1941.) With illustrations of various cuts, this article points out the different parts of the beef animal, and tells how they should be cooked to be most satisfactory.

Food and Nutrition

COMMUNITY COOPERATION FOR NUTRITION EDUCATION. Muriel W. Brown. (School Life, vol. 26, No. 10, pp. 311-314, July 1941.) An outline of the program for community education through vocational education classes. Describes the nutrition work that is being done in Obion County, Tenn., St. Paul, Minn., and Hartford, Conn.

Food and Nutrition

LET'S STUDY FOODS. Florence LaGanke Harris and Ruth Adele Henderson. (Little, Brown & Co., Boston, 371 pp., 1941.) A textbook for junior high school level. The contents includes such topics as: America and its food; we must be strong; sharing good times with a few friends; meal management and meals; safety in the kitchen. Chapters take up subjects such as breakfasts, luncheons and dinners, holiday meals, and include recipes.

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

No. 483 August 13, 1941.

TO HOME-ECONOMICS EXTENSION WORKERS:

Herewith are given references to certain books and home-economics literature that may be of interest to you. Before writing for further information about these references, please consult your librarian.

Sincerely,

Edith L. Allen

Edith L. Allen
Assistant Home Economist.

Health — WHEN YOU CAN'T SLEEP. Victor G. Heiser. (Science Digest, vol. 10, No. 2, pp. 20-25, August 1941.) Takes up various methods that have been advocated for bringing about sleep; such as, counting sheep. It says that sleep habits vary widely and some people get along well on 5 or 6 hours, while others are wrecks without 8, and that the more complicated and involved our emotional and intellectual processes are, the greater is our need of sleep. It does not matter how long we sleep, but it does matter how much we rest. A hot bath is recommended if we stay awake because we are plagued with muscular aches and pains. It warns against going to bed with cold feet, and gives suggestions for warming them. As to the soft or harder bed, that has no permanent effect on sleeping, as our bodies soon accustom themselves to a bed.

Health — THE IMPORTANCE OF MICROORGANISMS IN VITAMIN RESEARCH. Roger J. Williams. (Science, New Series, vol. 93, No. 2418, pp. 412-414, May 2, 1941.) Tells of the part that vitamins play in the study and isolation of various vitamins. Suggests that a greater use of microorganisms might widen knowledge of these substances. Gives something of the history of our knowledge of vitamins gained through a study of microorganisms over a period extending beyond the time experimental animals were used.

Health — DERMATITIS PROBLEMS ATTACKED. L. Schwartz. (Textile Recorder, vol. 58, No. 697, p. 36, April 1941.) Mentions causes, diagnosis, and prevention of dermatitis, which is caused by allergic substances from fibers, cosmetics, jewelry, and other wearing apparel. New synthetic resin finishes are possible sources of some difficulty.

Personal

ON THE HOME FRONT. John E. Anderson. (National Parent-Teacher, vol. 35, No. 9, pp. 4-7, May 1941.) A discussion of conflicts within a family over home duties and responsibility, financial arrangements, social customs and practices, also family possessions, educational attainments, and future of the children, failure to get a job, and companions and friends.

Personal

THE EMOTIONAL BACKGROUND OF MARITAL DIFFICULTIES. Helen V. McLean. (American Sociological Review, vol. 6, No. 3, pp. 384-388, June 1941.) The emotional background and training of individuals as related to their marital difficulties are discussed: The unconscious wish to be dependent, a discontented attitude toward the marital partner, sexual guilt due to repressive measures in childhood, or unusually intense heterosexual temptation.

Personal

WHY YOUR NERVES PLAY TRICKS ON YOU. Condensed from Journal of the American Medical Association. Walter C. Alverez. (Science Digest, vol. 10, No. 1, pp. 20-21, July 1941.) Refers to the ills of men, due to diseased conditions of the nerves and tells how to distinguish them from other types of nervous disorder. Most of the persons with so-called nervous symptoms which cannot be attributed to any organic disease suggest an instability of the involuntary nervous system. These may play tricks on the normal heart, blood vessels, digestive tract, kidneys, and skin.

Personal

WAR AND THE FAMILY. James H. S. Bossard. (American Sociological Review, vol. 6, No. 3, pp. 330-344, June 1941.) Many effects of war on the family relationships and welfare are reviewed. In thinking of this problem, we must realize that war has recurred for centuries and, to some people, is as common a condition as that of peace. What the war means to the family depends largely on the family. The author discusses direct and derivate effects of war, also their multiple effects; and war and the formation of new families. At the beginning of war, large numbers of new families are formed, as some marriages already planned are moved forward, while other cautious young men choose the lesser danger - matrimony. War increases the relative number of hasty and ill-advised marriages and "marry-and-run" marriages. The latter part of the article is given to the effects of war upon established families and the problems that arise with many people when moved about as pawns, as is happening in Europe. The author speaks about the man in the army who is away from home and family, and who is inclined to behave as the group does; and it is a tradition for soldiers to "cut loose." The problems of a stay-at-home wife are mentioned; her relative isolation from other women, and the like. Most wars bring about social changes peculiarly important to families.

ARTS AND CRAFTS IN THE RECREATION PROGRAM. Frank A. Staples. (Recreation, vol. 35, No. 4, pp. 262-263, July 1941.) Presents arts and crafts in a recreation program. Such a program should have three objectives; (1) Creative opportunity; (2) high standards; (3) an appreciation for fine arts and crafts. If the arts and crafts leader is wise, he will see that people relax in their work and that the project is not made a production job, but an individual creative opportunity.

Handicraft

HANDICRAFTS AND THE MUSEUM. Margaret E. White. (Recreation, vol. 35, No. 4, pp. 255-256, 275, July 1941.) This article shows that people are becoming increasingly craft-conscious, and are eager to know the how and why of things. It describes the early examples of art shown by the Newark Museum in New Jersey and some of its exhibits.

Handicraft

THE REAL IN ART. James Byrnie Shaw. (The Scientific Monthly, vol. 52, No. 6, pp. 539-552, June 1941.) The author of this article says, in order to appreciate an artist's production, one must reproduce in himself the living state of the artist. Fundamental points in works of art which he labels eurythymy, pose, poise, grace, personality, vision. He defines each of these. Art is not concerned with life, as life, any more than mathematics is flowering for astronomy or physics. It does deal, however, with the essence of life which is in the ever-changing structure of the spirit. It takes up different types of the subject such as poetry, drama, architecture, painting, music, and dancing.

Handicraft

INDIAN DESIGNS AND DECORATIONS. (Industrial Arts and Vocational Education, vol. 30, No. 6, pp. 252-253, June 1941.) With a brief description and numerous illustrations this article shows designs used by Indians on their clothing, tom-toms, bags, and other articles. To be continued.

Handicraft

PRINCIPLES OF SPINNING. By "Bower." (Textile Recorder, vol. 58, No. 697, pp. 26, April 1941.) Contined from page 21 of the March 1941 issue and to be continued further. Explains how certain features of fiber-length yarn count in weaving. It also explains how the twist in the yarn cancels out the twist in the next woof in the loom.

Handicraft

EARLY COLONIAL PERIOD. (House and Garden, vol. 80, No. 1, Section I, pp. 28-33, July 1941.) With numerous illustrations this article shows details of home furnishings and woodwork finishes of the early colonial period.

Food and Nutrition

NEW DIETARY STANDARDS FIXED BY COMMITTEE OF EXPERTS. (Nutrition. The Quaker Oats Co., pp. 1, 3, May-June 1941.) Announces the setting of dietary standards by the Committee on Food and Nutrition of the National Research Council.

Food and Nutrition

NATIONAL NUTRITION CONFERENCE FOR DEFENSE. Eleanor Howe and Frank L. Gunderson. (Nutrition. The Quaker Oats Co., pp. 1-2, May-June 1941.) A report of the National Nutrition Conference for Defense which met in Washington, D. C., in May 1941. The questions raised at this meeting included: How much responsibility should the Government assume, and what would our national economic policy be with respect to nutrition? What is the most effective way to solve the problems of undernutrition and surpluses? Can nutritionally adequate diets for all be achieved as a result of employment and wage increases to be expected this year or next?

Food and Nutrition

NUTRITION AND THE NURSE. Lenna F. Cooper. (The American Journal of Nursing, vol. 41, No. 7, pp. 772-774, July 1941.) Discusses the importance of nutrition as a science and its place in defense. The economic status, of course, is one of the causes for many poor diets, but, even in the homes of the well-to-do, the diets are often poor. These diets could be corrected by education and change of food habits. Some things we have learned through research; such as, most fruits and vegetables retain their vitamin content much longer when kept at a very low temperature than if kept at even temperatures. Chopped vegetables and fruits lose considerable of their vitamin value on standing because of the oxidation that takes place. Potatoes lose vitamins, minerals, and protein when allowed to stand in water after peeling, especially when sliced. Such food should be used as soon as possible, especially when peeled or sliced.

Food and Nutrition

SCIENCE CONTRIBUTES. Hilde Bruch. (Child Study, vol. 38, No. 3, pp. 82-84, Spring 1941.) This article points out the problem of the child who grows too fat; such a child is usually a sad one, for he is bashful and ashamed of his shapeless figure, and yet unable to correct it. Even parents do not know very much about the body and its function, and often mistake other causes for fatness, thinking that it is some glandular disorder. Some of the findings in some studies of these children state that they are unhappy and possibly their unhappiness is not only a sequel to their appearance, but it may be the cause of their unhappiness, for it is found that many unhappy children become sad because they are maladjusted and therefore find relief in overeating.

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

No. 484

August 20, 1941

TO HOME-ECONOMICS EXTENSION WORKERS:

Herewith are given references to certain books and home-economics literature that may be of interest to you. Before writing for further information about these references, please consult your librarian.

Sincerely,

Edith L. Allen

Edith L. Allen,
Assistant Home Economist.

Personal — DO YOU HAVE PROBLEM PARENTS? Leslie B. Hohman. (Ladies Home Journal, Vol. 58, No. 6, pp. 26-27, 64-66, June 1941.) A discussion of why some persons do not like their parents and what makes the parents moody, exacting, and bad tempered. Some suggestions are made for complaining parents and some cases of family problems are discussed.

Personal — NOTEBOOK ILLUSTRATIONS - TABLE MANNERS. N. Beth Bailey (McLean). (The Manual Arts Press, Peoria, Ill., 1936.) A series of eight enlargements of photographs which show the proper handling of knife, fork, and spoon at table. Accompanying them is the smaller set of the same photographs intended for mounting in the student's notebook. The folder is entitled "Table Etiquette."

Personal — AS WE GROW OLD. (Science Digest, Vol. 8, No. 6, pp. 23-27, December 1940.) This article in condensed from a chapter in the book Social Psychology by Charles Bird, and is a discussion of the ability of people of different ages: such as, at what age one is most likely to produce work that brings fame. It says among other things that a monotony of social stimulation rather than a deficiency in an aging organism may account for the conservatism of older people. If the older people would intentionally pursue a varied life which was presenting new experiences in political, religious, social and scientific challenges, zest would be added to their living and their creative ability. It also points out the fact that many persons are better adjusted to society in old age than they are earlier. Some of them even become social assets who were not so well adjusted in youth.

Management

APPROVE OPM -- STANDARDS BUREAU PLAN. (Women's Wear Daily, Vol. 62, No. 25, p. 2, June 26, 1941.) An article of approval of the OPM Standards Bureau plan. The purpose of this plan is to get agencies to collaborate in bringing about voluntary elimination of unnecessary sizes in many articles not yet standardized.

Management

DO YOU NEED SOME MONEY. Alliston Cragg. (Harper & Bros. Publishers, New York, 1941, pp. xii + 271.) This book takes up consumer credit, cash loans, including a discussion of such loans from pawnbrokers, loan societies, credit unions, small loan business, and industrial banking companies. One chapter deals with illegal lending. Another chapter tells how retail credit, installment credit, credit bureaus cover such services. The last part of the book is given over to a description of Government loans and recovery agencies.

Management

WORLD WAR - I AFTERMATH GUIDE FOR CURRENT RETAIL PLANNING. J. M. Baskin. (Women's Wear Daily, Vol. 62, No. 113, pp. 38, June 10, 1941.) A report of the discussion at the Midyear Convention of the National Retail Drygoods Association this year. One of the talks discussed simplified sales auditing, - the subject of a panel discussion. The report takes up a question of the consumer and the aftermath of the war similar to the period of the World War which brought about the NRDGA, ways and means of controlling prices being an important factor.

Management

RESEARCH ON COTTON. Claudius T. Murchison. (American Dyestuff Reporter, Vol. 29, No. 25, p. 666-p. 669.) This article discusses research that is being carried on with the hope of extending cotton consumption within the United States to ten million bales annually, or an increase of about two million bales from the annually anticipated consumption. At present too little is known about the physical and chemical properties of cotton.

Management

INFORMATION AVAILABLE TO CUSTOMERS IN RETAIL STORES. B. Eleanor Johnson. (Journal of Home Economics, Vol. 33, No. 6, pp. 382-386, June 1941.) A discussion of information available to consumers in retail stores, which will help them in the buying of articles of clothing, towels, kitchen knives, and a number of other articles. It is a report of a committee of the American Home Economics Association which made a study of this question.

Equipment

PAINTS FOR THE HOME. Consumers' Research Bulletin, Vol. 7, No. 8, pp. 6-9, April 1941.) A discussion of paints for the house and farm, paints for exterior and interior surfaces and undercoating materials; wall paints for interiors and how they differ from exterior paint. It also explains the differences between gloss and flat paints and the problem in painting over old interior coatings.

Equipment

FURNITURE. M. M. Smith. (Consumers' Research Bulletin, Vol. 7, No. 8, pp. 2-5, April 1941.) The first part of an article on furniture and deals with what in the trade is called case goods, meaning, wooden furniture that is not upholstered. A second part of this article will appear in a later number and will deal with upholstered furniture. The present article discusses finishes and cabinet construction. Illustrations show three kinds of panels, construction of drawer bottoms, good and bad drawer construction, faulty table legs, etc., and suggests that double-doweling should be used on all joints of chair frames.

Equipment

AIR CONDITIONING AND CLOTHING. (Science Digest, Vol. 8, No. 6, pp. 5-6, December 1940.) A discussion of the relation between air conditioning and clothing and a summary of an article that appeared in the Medical Record a few months ago. On account of the difference in clothing during a heat wave in 1940, men were complaining and nearly dying, while women were content with the room temperature. The difference between men and women as to effects they get from different temperatures is due to clothing and not to any constitutional differences, for when dressed alike they are comfortable at about the same temperature.

Equipment

DEAR READER. (The American Home, Vol. 25, No. 6, pp. 15-17, May 1941.) In a series of letters to the bride, this article explains good and bad form in furnishing a home. One letter is entitled: "We love swoosh, adore the grand manner." This explains how elaborate styles of decoration may be used in large rooms but are inappropriate in small ones. Another letter warns against removing the decoration from pieces of furniture of elaborate style period because if this is done you have "neither fish, fowl, nor good red herring." Another letter warns women against acting like a flock of sheep in choosing home furnishings.

Equipment

FOOD FREEZING IS ECONOMICAL. Pearl Mary Copeland. (Washington Farmer, Vol. 66, No. 13, June 19, 1941, p. 323.) A discussion of how modern refrigeration facilities aid in having an almost all-the-year-round supply of home-produced food for the family table.

Food and Nutrition

THE THIAMIN (VITAMIN B_1) VALUES OF WHEAT GERM MUFFINS. Margaret L. Fincke and Ruth R. Little. (Journal of the American Dietetic Association, Vol. 17, No. 6, pp. 531-534, June-July 1941.) A study of the B_1 values of wheat germ muffins. The conclusion was that no losses in thiamin values occurred in cooking since equivalent amounts of uncooked muffins (made with and without baking powder) and cooked muffins made without baking powder contained the same amount of thiamin. When baking powder was used, the cooked muffins showed a thiamin loss of 26 percent.

Food and Nutrition

MILK -- OR CHEESE -- FOR CALCIUM. Amalia Lautz. (Journal of the American Dietetic Association, Vol. 17, No. 6, pp. 572-574, June-July 1941.) The conclusion of this article is that we should continue to promote use of milk as the important source of calcium in the American diet, particularly for children, and pregnant and lactating mothers, but we should also encourage the use of more hard cheese.

Food and Nutrition

NUTRITION IN DEFENSE. Jessie G. Cole. (Journal of the American Dietetic Association, Vol. 17, No. 6, pp. 567-570, June-July 1941.) Outlines a program of nutritional education for defense. It begins with the background, including the problem and what to do, and then lists a number of units to be studied relating to nutrition.

Food and Nutrition

DIET AND AGING. C. M. McCay. (Journal of the American Dietetic Association, Vol. 17, No. 6, pp. 540-545, June-July 1941.) A discussion of diet in relation to aging. It contains a report of a number of experiments. In the discussion it says regarding the nutrition requirement during the latter half of life that three experiments with rats showed that the life span is about the same whether the rats were maintained on a high or low level of protein. When rats are placed upon a diet rich in protein at about 1 year of age, the kidneys enlarge and the nonprotein nitrogen of the blood rises to a higher level, but neither of these factors seems to have much effect upon the total life span. As regards body fatness, protein level and exercise during the latter half of life, it was found that whatever the other variables, the rats forced to keep thin enjoyed significantly longer spans of life than the others. Exercise was only favorable in certain groups. The amount of protein or its source had little effect compared to the fatness of the body. If a rat fell below a certain weight level or above it, the life span was shortened.

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

No. 485.

August 27, 1941

TO HOME-ECONOMICS EXTENSION WORKERS:

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Sincerely,

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Assistant Home Economist.

Social — A RESEARCH NOTE ON SOCIOLOGICAL --HOME--PLANNING. Svend Riemer. (American Journal of Sociology, Vol. 46, No. 6, pp. 865-872, May 1941.) A study submitted by the University of Washington in which a report is made of sociological research in housing carried out in Stockholm, Sweden, for the purpose of assisting the architect in the planning of apartments adapted to the needs of family life. A large number of families cooperated in the study. Some facts found are reported. It concludes by saying that, so farm home planning has been based largely on intuition or relatively vague speculation on the part of the architect regarding needs of families for housing.

Social — EVOLUTION OF THE AMERICAN COMMUNITY. Carle C. Zimmerman. (American Journal of Sociology, Vol. 46, No. 6, pp. 809-817, May 1941.) Discusses elements of random and incidental association with a large number of persons in a rural community. The chief form of integration is due largely to mechanical proximity. The article discusses the evolution of the American community in these relationships.

Social — AN EARLY AMERICAN THEORY OF THE STANDARD OF LIVING. L. L. Bernard. (American Sociological Review, Vol. 6, No. 3, pp. 373-379, June 1941.) A description of an early American writer's theory of the standard of living. The writer whose work is discussed is Henry Hughes who published the first book in the world entitled "Sociology." Many of his statements are modern in viewpoint.

Textiles and clothing

DUTY HOSE ARE NOW MADE OF LISLE. Margaret B. Hays, Emma C. Petersen, and Viola C. Jelinek. (The American Journal of Nursing, Vol. 41, No. 7, pp. 769-771, July 1941.) A report of research done in the Bureau of Home Economics on the wearing quality of duty hose such as are worn by nurses. Additional experiments are needed and no definite conclusions are reached but the work makes possible the designing of hose to make them more satisfactory than those at present on the retail market.

Textiles and clothing

GROWTH OF HOSIERY INDUSTRY. (Fibre and Fabric, Vol. 94, No. 2940, pp. 12-14, June 7, 1941.) A history of the growth of the textile industry in the United States and Europe. Silk hosiery had been imported from Europe for many decades, but the production of it was recorded in the United States at the time of the census in 1899 when 12,572 dozen pairs were mentioned. The production of silk hosiery has risen constantly since then. The consumer has benefited by lower prices resulting from increased production of hosiery for this production of full-fashioned hosiery rose from 26,323,000 dozen pairs in 1919 to 47,899,000 in 1939.

Textiles and clothing

THE PRACTICAL ART OF COLOR MATCHING. Wm. H. Peacock. (Rayon Textile Monthly, Vol. 21, No. 12, pp. 760-762, December 1940.) A continuation of an article on practical color matching, which appeared in the November issue on page 68. This article brings out the point that the use of some dies will vary with the percentage of moisture present and that aging definitely affects the final hue of a dye or a blend. If an aged standard be matched by freshly made dyeings, there is no insurance that the new dyeings will continue to be a match after they also have aged. This article is to be continued.

Textiles and clothing

BUTTERICK DRESSMAKING BOOK. (The Butterick Co. Inc., 161 Sixth Avenue, New York, 1940, 50 pp.) Explains the use of patterns which serve as a guide for fitting and making garments at home; how to start the pattern, prepare material and cut it out, assemble the parts of the garment, the sewing machine, and the like. A large part of the book is given to a description of basic construction studies and the making of certain parts, such as hems, cuffs, plackets, and embroidered decorations. A few pages give the life history of the outstanding wholesale and retail dressmakers and tailors of Europe and America. This book is profusely illustrated, showing details of workmanship.

Handicraft

GENERAL LEATHERCRAFT. Raymond Cherry. (McKnight & McKnight, Bloomington, Ill., 1940, 79 pp., 1940.) Intended for class use. Contains related information, operation sheets, projects and designs for making leather articles and is profusely illustrated with pictures, showing steps in procedure as well as design.

handicraft

NAVAJO NATIVE DYES: THEIR PREPARATION AND USE. Stella Young. Recipes by Nonabah G. Bryan. (U. S. Department of the Interior, Education Div., U. S. Office of Indian Affairs, Indian Handicrafts No. 2. Available from Chilocco Agricultural School, Chilocco, Okla., 50 cents.) A booklet telling how the Navajo Indians prepare and dye yarns. It contains a large number of recipes for making dyes from different plants and other materials. It illustrates the species of plant grown, tells where it is generally found, the shade of color that will be produced by the recipe, the amount of materials to use, and the steps to follow in preparing each kind of dye.

Handicraft

THIS IS CROSS-STITCH. (Woman's Day, Vol. 4, No. 10, pp. 16-21, 60, July 1941.) This article shows many illustrations (some in color) of cross-stitch used in homes. It also gives details of some motifs, and instruction for making this type of embroidery.

Handicraft

HOMEMADE PLAY EQUIPMENT. Henrietta Fleck. (What's New in Home Economics, Vol. 5, No. 11, pp. 28-29, July 1941.) How play equipment can be made from cans, peg boards from clothespins, nests of cans of different sizes to be fitted together, blocks from cigar boxes, strings of spools, and other devices; the making of a drum from a cracker or cooky can with the top covered tightly with inner tubing.

Handicraft

SENECA SPLINT BASKETRY. Marjorie Lismer. (U. S. Dept. of the Interior, Educational Division, U. S. Office of Indian Affairs, Indian Handicrafts 4. Available from the Chilocco Agricultural School, Chilocco, Okla. 30 cents.) The booklet gives a history of the basketry of the Iroquois and Seneca Indians and tells what materials they used; how they prepared them; and the types of weaves used. The text and illustrations show how the baskets are made; handles attached, and decorations put on.

Handicraft

IT BEATS THE DUTCH. Mary Grace Ramey. (Country Gentleman, Vol. 3, No. 5, pp. 72, 91.) With illustrations this article tells of the making of pottery by a Mrs. Naaman Keyser of Plymouth Meeting, Pa., who has revived the art of making old dutch pottery. It tells how she proceeds with the forming of the articles and the decoration of them.

Food and nutrition

WHAT, NO VITAMIN B IN CANDY? Eugene B. Edwards. (International Confectioner. Vol. 51, No. 3, pp. 6, 10, 11.) This author suggests putting vitamin B_1 in candy.

Food and nutrition

CARE AND EATING OF HERBS. Carl Maas, and Madeleine Maas. (House Beautiful, Vol. 83, No. 6, pp. 53, 112, 113, 114.) The interesting work of planting an herb garden, with some instructions for its care. After the herbs had grown about 2 to 3 months, some were ready for use. A description of how they were harvested and used is included.

Food and nutrition

PREPARING GRAPE JUICE AT HOME. H. M. Reed and U. A. Randolph. (Farm & Ranch, Vol. 60, No. 7, pp. 26, July 1941.) As the title indicates, this article tells how to prepare grape juice at home. It discusses equipment, picking, and crushing, color extraction, plending, bottling, and storage.

Food and nutrition

NUTRITIONALLY IMPROVED OR ENRICHED FLOUR OR BREAD. Report by the Council on Food and Nutrition. (Journal of the American Medical Association, Vol. 116, No. 26, pp. 2849-2853, June 28, 1941.) This article says that wheat in its various forms contributes 25 percent or more of the average daily caloric intake of persons residing in the United States. It then stresses the importance of fortifying grain from which many of the vitamins and other nutritive essentials have been removed with the endosperm and inner coatings of the grain when milled. It discusses the composition of wheat, whole-wheat flour and white flour and then gives the Council's standards for nutritionally improved flour and the practical methods of obtaining it and points out some of the significance of nutritionally improved flours in the diets of adults and children.

Food and nutrition

NATIONAL NUTRITION: (Journal of the American Medical Association, Vol. 116, No. 26, pp. 2854-2855, June 22, 1941.) An editorial on the program for improvement of national nutrition resulting from the National Nutritional Conference for Defense, which says it has begun to inspire doctors, dentists, nurses, home economists, technologists, farmers, and many others with the importance and need for better knowledge of nutrition. It includes a resolution adopted by the House of Delegates of the American Medical Association which endorsed a number of the recommendations including: That research and nutrition be encouraged; that special attention be paid to the diets and nutritional status of all workers; that there be provided an adequate diet for pregnant and lactating women and for children; closer cooperation between medical and public health and other agencies interested in nutrition that medical, dental, and health authorities be represented on all State and community nutritional committees. That schools of medicine give greater thought to the subject of nutrition.

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

No. 486. September 3, 1941

TO HOME-ECONOMICS EXTENSION WORKERS:

Herewith are given references to certain books and home-economics literature that may be of interest to you. Before writing for further information about these references, please consult your librarian.

Sincerely,

Edith L. Allen

Edith L. Allen,
Assistant Home Economist.

Health — HOW SAFE IS THE HOME? (Science Digest, Vol. 10, No. 2, pp. 57-61, August 1941.) This article is condensed from one which appeared in the May 1940 issue of the Architectural Record. It summarizes the causes of accidents in the American home and says that, in 1939, a third (32,000) of all accidental deaths were from home accidents. In addition approximately 3 million persons were injured in home accidents. Of these, about 375,000 suffered some permanent disability. The factors that cause the accidents are the result of characteristic movements and processes, for some of which the architect is indirectly responsible by not planning suitable spaces, so that people run against furniture or go through a wrong door. Other accidents are due to the characteristics of the individuals in the home. These result in stumbling over toys in the living room because there is no place to keep them. Bedrooms are the scene of accidents, in which falling into or out of bed is one of the commonest; suffocation in bedclothes, another. Fire and smoke are other causes of deaths in bedrooms. One of the most economic measures in safeguarding a home is to have it fireproofed or furnished with fire-retarding walls and stops.

Health — INFLUENCE OF A PUBLIC HEALTH PROGRAM ON A RURAL COMMUNITY: Fifteen Years in Rutherford County, Tenn., 1923-1938. W. Frank Walker and Carolina R. Randolph. (The Commonwealth Fund, New York, 1940, pp. viii + 106.) Statistics on trends in mortality in the area described, the public health facilities, the present program, the training of the public health personnel, and a summary of the service accomplishments.

Textiles and Clothing — BURNT-OUT LACE MATERIALS. By "Midlander." (Rayon Textile Monthly, Vol. 21, No. 12, pp. 748-749, December 1940.) A reprint of an article which appeared in Textile Mercury & Argus that tells how burnt-out lace is manufactured.

Textiles and Clothing — DEVELOPMENTS IN ORGANIC NON-CELLULOSIC FIBROUS MATERIALS. Edward C. Worden. (Rayon Textile Monthly, Vol. 21, No. 12, pp. 733-735, December 1940.) An article continued from the November issue, which appeared on page 42. It discusses the development of noncellulosic fiber material and the problem of shrinkage, the dyeing of nylon, and its cleaning. In regard to dry cleaning, it explains what spotting agents will give trouble. Many other uses are proposed for nylon. The article states that bristles made of nylon and sold under a trade name have several advantages over hog bristles. Nylon is also being used as sewing thread.

Textiles and Clothing — PERSIAN BEAUTY LIGHTS WORLD. M. D. C. Crawford. (Women's Wear Daily, Vol. 62, No. 112, p. 10, June 9, 1941.) An illustrated item discussing Iranian culture and showing types of design.

Textiles and Clothing — HOW TO CROCHET. (Educational Bureau, The Spool Cotton Co., 350 Fifth Avenue, New York, 4 pp.) With diagrams and directions this four-page circular tells the beginner how to crochet.

Textiles and Clothing — HOW TO KNIT. (Educational Bureau, The Spool Cotton Co., 350 Fifth Avenue, New York, 4 pp.) With diagrams and directions this four-page circular tells the beginner how to knit.

Textiles and Clothing — THE MANUFACTURE OF BARK CLOTH. W. Naumann. (Textile Colorist, Vol. 62, No. 744, pp. 817-819, December 1940.) An historical review of the manufacture of bark cloth. It gives some information regarding the method of manufacture. A great variety of plants are used in raw materials, though all are members of the families of Urticaceae which is the mulberry or mallow family. The most important plants used in making cloth are the paper mulberry, the breadfruit tree, and the fig tree. The hibiscus bush is also another plant commonly used this way. When the trees were cut, the bark was peeled off and left lying overnight. On the following morning, the outer rough bark was put in a stream or river and scraped with a sharp-edged shell, taking care that the bark was kept moist. When only a thin layer of bast remained on the scraping board, this bast was regarded as bark cloth. This is a primitive method of making bark cloth. The article tells about more improved methods. Before the material is used, it is usually given the required length and thickness by gumming several pieces together. The article also tells how this material is dyed and cleaned.

Equipment

THE HISTORY OF COOKING DEVICES--FIRST ARTICLE, ANTIQUE COOKING DEVICES OF ALL LANDS AND AGES. H. W. Krieger. (House Furnishing Review, Vol. 94, No. 6, pp. 42-43, June 1941.) With five illustrations this article outlines early devices used in cooking. The pictures are from a collection of such utensils in the Arts and Industries Building of the United States National Museum, where an entire hall is now being allotted to the display of household articles.

Equipment

STANDARD MANUAL OF WATER SUPPLY SYSTEMS. (Associated Water System and Allied Product Manufacturers, 228 West Ontario Street, Chicago, Ill., 1941, 28 pp.) This bulletin explains the construction and operation of various types of pumps, tanks, and other equipment used in supplying water to farm houses. It takes up the purpose and operation of the water system, the description of the equipment, selection of the right equipment for the job, installation, starting and operation of the equipment, and maintenance and service. Diagrams show the construction of various parts as well as arrangement of equipment.

Equipment

NEW USES FOR WOOD WASTES. O. A. Fitzgerald. (Science Digest, Vol. 10, No. 2, pp. 15-19, August 1941.) The writer points out ways in which sawdust and wood-waste fuel can be utilized, and the development of a process by which this wood waste can be made into inch-diameter pieces for use in standard coal stokers. It says that fuel from other waste wood assumes even a greater role in defense, if it were used to a great extent as a domestic feature. To do this, much other waste would need to be salvaged. This would eliminate the need for shipping oil and coal, vital for war operations, into certain sections of the country. It then elaborates on these points and concludes with a discussion of lignin, which many chemists believe holds as great a promise for many uses as has coal tar. It says that lignin plastics are already appearing and that they may be used in many parts of the automobile body, fender, panels, and in other places.

Equipment

SOLVE YOUR DECORATING PROBLEMS WITH A YARDSTICK. Harry Richardson. (Better Homes & Gardens, Vol. 19, No. 10, pp. 60-61, June 1941.) With several illustrations and lengthy legends, this short item gives some simple rules for solving, with the use of a yardstick, a number of home decoration problems. Some of these rules are: Keep everything as low as possible; keep related things at the same height from the floor (this applies to pictures, lamps, and such like); end tables are more usable if the top is at a level with the lower edge of the sofa cushion. Other rules are also given.

Food and Nutrition

FOOD PREPARATION. (Department of Home Economics, Servel, Inc., Evansville, Ind. (1941) HSM 407.) A booklet of recipes and menus that can be prepared with the help of a refrigerator.

Food and Nutrition

VITAMINS AND BREAD STUDIED BY FOOD CEREAL CHEMISTS. Chas. A. Glabau. (Bakers Weekly, Vol. 110, No. 10, pp. 49-52, June 7, 1941.) An article reporting the discussion and several papers presented at the meeting of the American Association of Cereal Chemists in 1941. These papers relate to the subject, Vitamins in bread.

Food and Nutrition

FOOD PURCHASING. (Department of Home Economics, Servel, Inc., Evansville, Ind. (1941) HSM 405. pp 21) Hints for buying foods of different kinds, such as those that supply proteins, carbohydrates, fats, minerals, and vitamins. Questions such as where to buy; how to recognize and judge quality of meat; the buying of milk and dairy products; and the selection of poultry, are discussed.

Food and Nutrition

ENRICHED BREAD--WHERE DO WE GO FROM HERE? (Bakers Weekly, Vol. 110, No. 10, pp. 32-33, 48, June 7, 1941.) The reaction of the bakers to the National Nutrition Conference: That naturally they are disappointed because the conference was not more explicit or definite in its endorsement of the products of the baker, and that there is some confusion as to the relationship between this conference and V-day. The baker's enriched loaf in addition to becomming a symbol of his participation in national defense cannot help but silence the food faddist and at the same time maintain and quite probably increase consumption of his products.

Food and Nutrition

AMERICAN AMBROSIA. Wilson Popenoe. (Agriculture in the Americas, Vol. 1, No. 6, pp. 1-6, 15, July 1941.) A description of the 10 choicest fruits of the American tropics: The mango, mangosteen, cherimoya, lyches, guanabana, and the sapodilla. Other fruits in this group mentioned are the avocado and the pineapple.

Food and Nutrition

NUTRITIONAL PROBLEMS AS RELATED TO NATIONAL DEFENSE. Russell M. Wilder. (American Journal of Digestive Diseases, Vol. 8, No. 7, pp. 243-245.) A paper read before the meeting of the American Gastro-Enterological Association in 1941. It discusses not only the nutritional problems of feeding the Army and Navy, but the overcoming of bad food habits of the American people. Families with liberal income sometimes have a tendency to consume cakes, pastry, candies, sweet drinks, and cocktails and other alcoholic beverages without accompanying vitamins or salts. The supply of calcium is also inadequate unless more milk is taken than many persons drink. The article discusses other ways of improving the diet of the Nation.

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

Supplement to Weekly Letter. September 3, 1941

TO HOME-ECONOMICS EXTENSION WORKERS:

Herewith are given the names and addresses of the publishers of magazines referred to in the weekly letters containing rererences to certain books and home-economics literature.

Sincerely yours,

Edith L. Allen

Edith L. Allen
Assistant Home Economist.

Agricultural Education. Meredith Publishing Co., Des Moines, Iowa.
Agricultural Engineering. St. Joseph, Mich.
Agricultural Leaders' Digest. 139 North Clark Street, Chicago, Ill.
Agricultural Library Notes. U. S. Department of Agriculture, Washington, D. C.
Agriculture in the Americas. Superintendent of Documents, Washington, D. C.
American Agriculturist. Ithaca, N. Y.
American Architect and Architecture. 119 W. Fortieth Street, New York City.
American Builder and Building Age. 105 West Adams Street, Chicago, Ill.
American Childhood. Milton Bradley Co., Publishers, 74 Park Street, Springfield, Mass.
American Cookery. Boston Cooking School Magazine Co., 221 Columbus Avenue, Boston, Mass.
American Dyestuff Reporter. 440 Fourth Avenue, New York City.
American Economic Review. Northwestern University, Evanston, Ill.
American Fruit Grower. 1370 Ontario Street, Cleveland, Ohio.
American Home. 444 Madison Avenue, New York City.
American Journal of Clinical Pathology. American Society of Clinical Pathologists, Mount Royal and Guilford Streets, Baltimore, Md.
AmericanJournal of Digestive Diseases and Nutrition. 435 Lincoln Tower, Fort Wayne, Ind.
American Journal of Diseases of Children. 535 North Dearborn Street, Chicago, Ill.
American Journal of Hygiene, The. 615 North Wolfe Street, Baltimore, Md.
American Journal of Nursing. 50 West Fiftieth Street, New York City.
American Journal of Physiology. 19 West Chase Street, Baltimore, Md.
American Journal of Public Health. 1790 Broadway, New York.

American Journal of Sociology, 5750 Ellis Avenue, Chicago, Ill.
American Lumberman. 431 South Dearborn Street, Chicago, Ill.
American Political Science Review. 305 Harris Hall, Evanston, Ill.
American Poultry Journal. 536 South Clark Street, Chicago, Ill.
American Restaurant Magazine, 5 South Wabash Avenue, Chicago, Ill.
American Society of Bakery Engineers. 1541 Birchwood Avenue, Chicago, Ill.
American Sociological Review. American Sociological Society, University of Pittsburgh, Pittsburgh, Pa.
American Wool and Cotton Reporter. Boston, Mass.
Annals of American Academy of Political and Social Science. 3457 Walnut Street, Philadelphia, Pa.
Architectural Forum. Rockefeller Center, New York City.
Architectural Record. 119 West Fortieth Street, New York.
Archives of Pediatrics. 45 East Seventeenth Street, New York City.
Arizona Farmer. 313 North Third Avenue, Phoenix, Ariz.
Arkansas Farmer. 1303 West Fifth Street, Little Rock, Ark.
Arts and Decoration. 116 East Sixteenth Street, New York City.
Atlantic Monthly. 8 Arlington Street, Boston, Mass.
Automotive Industries. Fifty-sixth and Chestnut Streets, Philadelphia, Pa.

Bakers Helper. 330 South Wells Street, Chicago, Ill.
Bakers Review. 330 West Forty-second Street, New York City.
Bakers Weekly. 45 West 45th Street, New York City.
Better Homes and Gardens. Meredith Publishing Co., 1714 Locust Street, Des Moines, Iowa.
Building Reporter. Time and Life Bldg., New York City.

California Cultivator. 317 Central Avenue, Los Angeles, Calif.
Canner, The. 140 North Dearborn Street, Chicago, Ill.
Canning Age. Vance Publishing Corporation, 67 West Forty-fourth Street, New York City.
Capper's Farmer. Capper Publications, Eighth and Jackson Streets, Topeka, Kans.
Cereal Chemistry. American Association of Cereal Chemistry, 110 Experimental Station Hall, Lincoln, Nebr.
Child Development. Society for Research in Child Development, 2101 Constitution Avenue, Washington, D. C.
Child Development Abstracts and Bibliography. National Research Council, 2101 Constitution Avenue, Washington, D. C.
Child Study. 221 West Fifty-seventh Street, New York City.
Childhood Education. Association for Childhood Education, 1201 Sixteenth Street, Washington, D. C.
Comfort. Augusta, Maine
Confectionary Journal. 37 Shoe Lane, London, England. E. C. 4
Confectioners' Journal. 437 Chestnut Street, Philadelphia, Pa.
Consumers' Cooperation. 167 West Twelfth Street, New York City.
Consumers' Digest. Consumers' Institute of America, 34 North Crystal Street, East Stroudsburg, Pa.
Consumers' Guide. U. S. Department of Agriculture, Washington, D. C.
Consumers Research Bulletin. Consumers Research, Inc., Washington, N. J.

Cotton. 1020 Grant Bldg., Atlanta, Ga.
Country Gentleman. Curtis Publishing Co. Independence Square, Philadelphia, Pa.
Country Life. 1270 Sixth Avenue, New York City.

Domestic Engineering. 1900 Prairie Avenue, Chicago, Ill.

Economic Forum. 44 Beaver Street, New York City.
Electrical World. 330 West Forty-second Street, New York City.
Electricity on the Farm. 24 West Fortieth Street, New York City.
Engineering News Record. 330 West Forty-second Street, New York City.

Family, The. 122 East Twenty-second Street, New York City.
Family Circle. Newark, N. J.
Farm and Ranch. 3306 Maine Street, Dallas, Tex.
Farm Economics. Department of Agricultural Economics and Farm Management, New York State College of Agriculture, Ithaca, N. Y.
Farm Journal. Southwest Corner Washington Square, Philadelphia, Pa.
Farmer Stockman. Oklahoma Publishing Co., 500 North Broadway, Oklahoma City, Okla.
Fashion Monthly Digest. 1680 Broadway, New York.
Fibre and Fabric. Wade Publishing Co., 465 Main Street, Cambridge, Mass.
Flour and Feed. 407 East Michigan Street, Milwaukee, Wis.
Food Facts. National Food Bureau, 7001 North Clark Street, Chicago, Ill.
Food Field Reporter. Topics Publishing Co., 330 West Forty-second Street, New York City.
Food Industries. 33 West Forty-second Street, New York City.
Food Research. Garrard Press, Champaign, Ill.
Forecast. 6 East 39th Street, New York City.
Fruit Products Journal. 31 Union Square, New York City.
Furniture Manufacturer. 342 Madison Avenue, New York City.

Gardens, Homes and People. 18 East Lexington Street, Baltimore, Md.
Good Housekeeping. Fifty-seventh Street and Eighth Avenue, New York City.

Harpers Bazaar Monthly. 572 Madison Avenue, New York City.
Harpers Magazine. 49 East Thirty-third Street, New York City.
Heating and Ventilating. 148 La Fayette Street, New York City.
Heating, Piping & Air Conditioning. 6 North Michigan Avenue, Chicago, Ill.
Hollands. Dallas, Tex.
Home Arts Needlecraft. Augusta, Maine.
Home Craftsman. 115 Worth Street, New York City.
Homes and Garden. Convent Garden, London, England.
House and Garden. Conde' Nast Publications, Greenwich, Conn.
House Beautiful. 572 Madison Avenue, New York City.
House Furnishing Review. 170 Broadway, New York City.
Household Magazine. Capper's Publications, Eighth and Jackson Streets, Topeka, Kans.
HYGEIA. American Medical Association Publishers, 535 North Dearborn Street, Chicago, Ill.

Idaho Farmer. 404 Review Bldg., Boise, Idaho.
Illuminating Engineering. 51 Madison Avenue, New York City.
Independent Woman. 1819 Broadway, New York City.
Indiana Gardens and Homes. South Whitley, Ind.
Industrial Arts & Vocational Education. Bruce Publishing Co., 540 North Milwaukee Street, Milwaukee, Wis.
Industrial Standardization. 29 West Thirty-ninth Street, New York City.
International Confectioner. 80 Wall Street, New York City.
International Review of Agriculture. Villa Umberto I, Rome, Italy.

Journal of Adult Education. American Association of Adult Education, 1315 Cherry Street, Philadelphia, Pa.
Journal of Biological Chemistry. American Society of Biochemists, Mount Royal and Guilford Streets, Baltimore, Md.
Journal of the American Association of University Women. 1634 Eye Street, Northwest, Washington, D. C.
Journal of the American Dietetic Association. 185 North Wabash Avenue, Chicago, Ill.
Journal of the American Medical Association. 535 North Dearborn Street, Chicago, Ill.
Journal of Educational Psychology. 10 East Centre Street, Baltimore, Md.
Journal of Educational Research. Box 21, Old Engineering Bldg., University of Wisconsin, Madison, Wis.
Journal of Engineering Education, University of Pittsburgh, Pittsburgh, Pa.
Journal of Farm Economics. American Farm Economics Association, 450 Ahuelp Street, Menasha, Wis.
Journal of Home Economics. Mills Bldg., Washington, D. C.
Journal of National Educational Association. 1201 Sixteenth Street, Northwest, Washington, D. C.
Journal of Nutrition. Wistar Institute, Thirty-sixth Street and Woodland Avenue, Philadelphia, Pa.
Journal of Textile Institute. 16 St. Mary's Parsonage, Manchester, 3. England.

Kansas Farmer. Capper Publications. Eighth and Jackson Streets, Topeka, Kans.
Kentucky Home Journal. 500 South Street, Louisville, Ky.

Ladies' Home Journal. Independence Square, Philadelphia, Pa.
L. N. A. Record. Laundry Owners National Association, Joliet, Ill.
Lighting & Lamps. 11 East Thirty-sixth Street, New York City.

McCall's Magazine. 230 Park Avenue, New York City.
Mechanical Engineering. 29 West Thirty-ninth Street, New York City.
Medical Record. 20 Vesey Street, New York City.
Michigan Farmer. Capper-Harman-Slocum, 1632 La Fayette Boulevard, Detroit, Mich.
Missouri Ruralist. Eighth and Jackson Streets, Topeka, Kans.
Model Craftsman. 110 West Forty-second Street, New York City.
Mountain Life and Work. Conference of Southern Mountain Workers, Berea, Ky.

National Cleaner & Dyer, 305 East Forty-fifth Street, New York City.
National Grange Monthly. Myrick Bldg., Springfield, Mass.
National Laundry and Dry Cleaner. 53 West Forty-fifth Street, New York City.
National Laundry Journal. 45 West Forty-fifth Street, New York City
National Magazine of Home Economics Student Clubs. American Home Economics Association, 620 Mills Bldg., Washington, D. C.
National Parent-Teachers Magazine. 600 South Michigan Boulevard, Chicago, Ill.
Nation's Agriculture, The. 53 East Washington Street, Chicago, Ill.
Nation's Business, The. 1615 H Street, Northwest, Washington, D. C.
Nebraska Farmer. S. R. McKelvie, Publisher, 1420 P Street, Lincoln, Nebr.
New England Homestead. Myrick Building, Springfield, Mass.
New Republic, The. 40 East Forty-ninth Street, New York City.
Nineteenth Century. Constable & Co. Ltd., 10 Orange Street, London, W.C.2, England.
Northwestern Miller and American Baker. Miller Publishing Co., 118 South Sixth Street, Minneapolis, Minn.
Nutrition. Quaker Oats Research Laboratories, 345 East Twenty-fifth Street, Chicago, Ill.
Nutrition Abstracts and Review. Aberdeen, Scotland.

Occupation. 425 West One-hundred-twenty-third Street, New York City.
Ohio Farmer. Capper-Harmon-Slocum, 1073 Rockwell Avenue Northeast, Cleveland, Ohio.
Oil & Soap. 330 South Wells Street, Chicago, Ill.

Pacific Rural Press. 83 Stevenson Street, San Francisco, Calif.
Parents' Magazine. 52 Vanderbilt Street, New York City.
Pencil Points. 330 West Forty-second Street, New York City.
Pennsylvania Farmer. Capper-Harmon-Slocum, 7301 Pennsylvania Avenue, Pittsburgh, Pa.
Pests. Exterminators Log Publishers, 512 East Forteenth Street, Kansas City, Mo.
Political Science Quarterly. Columbia University, New York City.
Popular Mechanics Magazine. Popular Mechanics Co., 260 East Ontario Street, Chicago, Ill.
Popular Science Monthly. 353 Fourth Avenue, New York City.
Poultry Item. Sellersville, Pa.
Practical Home Economics. 468 Fourth Avenue, New York City.
Prairie Farmer. 1230 West Washington Boulevard, Chicago, Ill.
Progressive Education. 221 West Fifty-seventh Street, New York City.
Progressive Farmer and Southern Ruralist. Commercial Realty Building, Birmingham, Ala.
Psychological Abstracts. Psychological Association, Box 3093, University Station, Columbus, Ohio.

Quarterly Journal of Economics. Harvard University Press, Cambridge, Mass.
Quarterly Review of Biology. Williams & Wilkins, Mount Royal and Guilford Streets, Baltimore, Md.

Rayon Textile Monthly. 303 Fifth Avenue, New York City.
Recreation. 315 Fourth Avenue, New York City.
Rural America. American Country Life Association, 10 Liberty Street, Utica, N. Y.
Rural New Yorker. 333 West Thirtieth Street, New York.
Rural Sociology. Louisiana State University Press, East University, La.

Saturday Evening Post. Curtis Publishing Co., Philadelphia, Pa.
School Arts. Davis Press, 44 Portland Street, Worcester, Mass.
School Life. United States Office of Education, Washington, D. C.
School Sewing Service News. 200 Madison Avenue, New York City.
Science. Grand Central Terminal, New York City.
Science Abstracts. Engineers' Book Shop, 168 East Forty-sixth Street, New York City.
Science Digest. 630 Saint Clair Street, Chicago, Ill.
Scientific American, 24 West Fortieth Street, New York City.
Sceintific Monthly. Association for Advancement of Science, Smithsonian Institute Bldg., Washington, D. C.
Social Forces. Mount Royal and Guildford Avenues, Baltimore, Md.
Social Research. New School for Social Research, 66 West Twelfth Street, New York City.
Social Service Review. 5750 Ellis Avenue, Chicago, Ill.
Sociological Review. 35 Gordon Square, London, W. C. I, England.
Sociology and Social Research. 3551 University Avenue, Los Angeles, Calif.
Southern Agriculturist. 152-3 Broad Street, Nashville, Tenn.
Southern Farmer. 12 North Lawrence Street, Montgomery, Ala.
Southern Lumber Journal. Jacksonville, Fla.
Southern Planter. 223 Governor Street, Richmond, Va.
Southwestern Social Science Quarterly. Southwest Social Science Association, University of Texas, Austin, Tex.
Sphere. Munsey Building, Washington, D. C.
Starchroom Journal. 305 East Forty-fifth Street, New York City.
Successful Farming. Meredith Publishing Co., 1714 Locust Street, Des Moines, Iowa.
Survey Graphic and Survey Midmonthly. 112 East Nineteenth Street, New York City.

Teachers College Record. 525 West One-hundred-twentieth Street, New York City.
Textile Bulletin. Clark Publishing Co., 218 Morehead Street, Charlottesville, N. C.
Textile Colorist. 233 Broadway, New York City.
Textile Mercury and Argus. 41 Spring Gardens, Manchester, England.
Textile Recorder. Old Colony House, Manchester, 2, England.
Textile Research. 65 Franklin Street, Boston, Mass.
Textile World. 330 West Forty-second Street, New York City.

Vegetarian, Fruitarian and Humanitarian. Lewiston, Idaho.
Vogue. Conde' Nast Publishing Co., Greenwich, Conn.

Wallace's Farmer. James Pierce Corporation, Pubs., 1912 Grand Avenue, Des Moines, Iowa.
Washington Farmer. Cowles Publishing Co., Review Bldg., Spokane, Wash.
Western Farm Life. 1520 Court Place, Denver, Colo.
What's New in Home Economics. 919 North Michigan Avenue, Chicago, Ill.
Wisconsin Agriculturist and Farmer. Wisconsin Farmer Co., 1125 Sixth Avenue, Racine, Wis.
Woman Worker. Superintendent of Documents, Washington, D. C.
Woman's Day. Stores Publishing Co., 19 West Forty-fourth Street, New York City.
Woman's Exchange Review. Greenwich, Conn.
Woman's Home Companion. 250 Park Avenue, New York City.
Woman's Press. 600 Lexington Avenue, New York City.
Women's Wear Daily. 8 East Thirtieth Street, New York City.
Wool Record and Textile World. Bradford, England.

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United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

No. 487. September 10, 1941

TO HOME-ECONOMICS EXTENSION WORKERS:

Herewith are given references to certain books and home-economics literature that may be of interest to you. Before writing for further information about these references, please consult your librarian.

Sincerely,

Edith L. Allen

Edith L. Allen,
Assistant Home Economist.

Child Care — EVERYONE'S CHILDREN NOBODY'S CHILD. Justine Wise Polier. (Charles Scribner's Sons, New York, 1941. pp. xv + 331.) Discusses the problem child brought before the children's court. The purpose of the book is to add something to the knowledge of the children in our day in the hope that such knowledge may stimulate in the individual and community a greater sense of their responsibility for children's welfare. It also points out that the number of dependent children has grown steadily. It tells something about welfare organizations.

Child Care — IS YOUR FACE RED? MANNERS FOR THE VERY YOUNG. Ruth Millett and Margaret B. Stephenson. (McKnight & McKnight, Bloomington, Ill. 1940, p. 30.) This book is intended to help parents in teaching manners to the very young. The child is supposed to color red the face of the child making the mistake in each picture.

Child Care — WHEN CHILDREN COME. Dorothy M. Baruch and Lee Edward Travis. (The National Parent-Teacher, Vol. 35, No. 10, pp. 21-24, June 1941.) A reprint from the book "Personal Problems of Everyday Life" by Travis and Baruch, published by D. Appleton & Co. It takes up the problem of discipline; what to do when the child won't mind; the treatment of all children alike, and some ounces of prevention. It says among other things that the more Sonny and Susie realize that their parents are human, the easier it will be for them to accept the human elements in themselves.

Education

NOTES ON GRADUATE STUDIES AND RESEARCH AND HOME ECONOMICS EDUCATION 1940-1941. (Federal Security Agency, U. S. Office of Education Vocational Division, Home Economics Education Service No. 6, Washington, D. C. 247 pp. mimeog.) This report, compiled under the auspices of the research committee of the home economics section of the Association of Land Grant Colleges and Universities and the research department of the American Home Economics Association, has been prepared by the Vocational Division, Home Economics Education Service of the United States Office of Education in cooperation with the Office of Experiment Stations and Bureau of Home Economics of the United States Department of Agriculture. It contains a foreword showing the number and distribution of projects in fields such as foods and nutrition, textiles and clothing, the house, family economics, the family, child development and relationship, institutional management and home economics education. Each study is described by title, name of person making the study, the process, etc., to be followed. A statement tells whether it is completed or in progress.

Education

THE HOME ECONOMIST AS NUTRITIONIST. Frances Mahle. (Forecast, Vol. 57, No. 4, pp. 35, 36, 48, 58, April 1941.) The second of a series of articles planned to help the young home economist present nutrition subject matter in her community.

Education

HOME-ECONOMICS IN DEGREES GRANTING INSTITUTIONS 1939-1940. (Federal Security Agency, U. S. Office of Education Vocational Division, Washington, D. C., Misc. 2557, 13 pp., May 16, 1941.) This book lists the educational institutions offering courses in home economics. It tells the number of students enrolled; the number of women in home economics; the home economics majors offered; degrees conferred; the purpose of the home economics program, and whether or not there is a nursery school, a home management house, or whether there is a child in the home management house. It also gives the name of the person in charge of the home economics department.

Education

MEASURING INTELLIGENCE AT VARIOUS AGES. Marjorie Van de Water. (Science Digest, Vol. 9, No. 6, pp. 76-77, June 1941.) This brief article, condensed from one in Science Service, explains the different qualities of intelligence at different ages. It says that the youngster of 9 years is bright when he is able to understand and use words. This factor loses its importance after the age of 50. At 12 the child should see relationships and have a good perception of form and space. After 15 various types of nonverbal ability develop which might be called awareness of environment. Memory is important to those in their middle years.

Personal — WHEN WE MEET SOCIALLY: A GUIDE TO GOOD FORM IN SOCIAL CONVENTIONS. M'Ledge Moffett. (Prentiss Hall, Inc., New York, 1939, pp. vii + 167.) A textbook for the study of personality. It serves as a guide in following approved social conventions which represent patterns of behavior which have been established in society. A few of the chapter headings are: Criteria for the evaluation of good form; good form for introduction; conversation; formal calls; good form in daily living with intimate associates; good form in parliamentary usage for members of clubs and committees.

Personal — HOW DO YOU DO? Margaret B. Stephenson and Ruth L. Millet, (McKnight & McKnight, Bloomington, Ill., 1938, 32 pp.) A book for young people which tells them how to behave at home and when they go out to such places as the library and lunchroom. The chapter contents include: Last call for dinner; Ways of grown-ups; How to behave in the school corridors; assembly room; library; on the street, in stores, in the movies, at church, on the streetcar or bus, and at games. It also tells how to acknowledge favors with letters and how to behave around the campfire and with the "pals of yours." It is intended for young people. The directions are simple and practical to apply every day.

Personal — THE GRADUATE LOOKS TO THE FUTURE. Clifford E. Erickson and Lois McColloch. (McKnight & McKnight, Bloomington, Ill., 1940, 112 pp.) Chapter 12 of this book discusses behavior of people in a number of social and community organizations, and tells of activities of these organizations that may be of advantage to young people. Chapter 13 takes up the young person's part in homemaking, including, What children can expect from parents, What parents can expect from children, and Choosing of a life companion. Other chapters give suggestions on keeping abreast of the time and how to get a good living from one's income. It says in the introduction to this last chapter that there are people who can get $10,000 worth of value out of a few thousand dollars of income. In other words, people do not have to have a high income to live richly.

Personal — AS OTHERS LIKE YOU. Margaret B. Stephenson and Ruth L. Millett. (McKnight & McKnight, Bloomington, Ill., 1936, 40 pp.) A little booklet giving hints to young persons as to how to get along with other people. Some of the titles are Meeting people, Pen in hand, Accepting with pleasure, When mealtime comes, Invited out, In the public eye, As others see you, and, Being a person.

Food and Nutrition

THE DISTRIBUTION OF PYRIDOXINE (VITAMIN B_6) IN MEAT AND MEAT PRODUCTS. LaVell M. Henderson, Harry A. Waisman, and C. A. Elvehjem. (The Journal of Nutrition, Vol. 21, No. 6, pp. 589-598, June 1941.) A summary of the study of the distribution of vitamin B_6 in meat and meat products and a report of a study made in this connection. It was found that kidney and muscle were the richest sources while liver was somewhat lower. The fried meat samples showed least destruction, but roasting and stewing caused losses of from 20 to 50 percent. Commercial processing of various meat samples resulted in similar losses.

Food and Nutrition

IRON METABOLISM IN HUMAN SUBJECTS ON DAILY INTAKES OF LESS THAN 5 MILLIGRAMS. Ruth M. Leverton. (The Journal of Nutrition, Vol. 21, No. 6, pp. 617-631, June 1941.) A report of the iron requirement of human beings. Iron content of the blood serum decreased consistently and significantly during low-iron regimen but whenever the intake of iron was increased, serum-iron levels rose markedly and then dropped again when the low iron intake was resumed. Results suggest that there is no need for emphasis on amounts of iron exceeding 6.5 mg. daily in the diet of young women; emphasis should rather be placed on liberal amounts of other dietary essentials.

Food and Nutrition

FURTHER EXPERIMENTS ON THE CALCIUM REQUIREMENT OF ADULT MAN AND THE UTILIZATION OF THE CALCIUM IN MILK. F. R. Steggerda and H. H. Mitchell. (The Journal of Nutrition, Vol. 21, No. 6, pp. 577-588, June 1941.) A continuation of a report on the calcium requirements of adult man and his ability to use calcium in milk. The findings in these experiments were that commercial dessication of milk does not appreciably affect the biological value of its calcium. These findings are in agreement with results of experiments on rats. Studies indicate that the requirements reported by Mitchell and Curzon, higher by about 50 percent than the estimates of Sherman, are probably safer.

Food and Nutrition

CONFERENCE SETS COURSE TO BETTER NATIONAL NUTRITION. George E. Doying, Jr. (Food Industries, Vol. 13, No. 7, pp. 64-66, July 1941.) This is a report of the Conference on Better National Nutrition.

Food and Nutrition

HOW TO MAKE NATURALLY FLAVORED MARASCHINO-TYPE CHERRIES. F. A. Lee and E. A. Beavens. (Food Industries, Vol. 13, No. 7, pp. 52-54, July 1941.) This article gives instructions for coloring and processing cherries of the Napoleon (Royal Ann) variety which may be hardened and made into Maraschino-type cherries. It is the purpose to provide processors with methods for producing naturally flavored colored cherries in order to create agreater demand.

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

No. 488 September 17, 1941

TO HOME-ECONOMICS EXTENSION WORKERS:

Herewith are given references to certain books and home economics literature that may be of interest to you. Before writing for further information about these references, please consult your librarian.

Sincerely,

Edith L. Allen

Edith L. Allen
Assistant Home Economist.

General — CREATIVE CAREERS IN HOME ECONOMICS: A SUMMARY OF OPPORTUNITIES. Hazel T. Craig. (Practical Home Economics, Section 1, Vol. 19, No. 3, pp. 92-93, March 1941.) A list of occupations for which training in home economics prepares one.

General — A FIRST BOOK IN HOME ECONOMICS. Mata Roman Friend and Hazel Shultz. (D. Appleton-Century Co. Inc., New York, 1941, pp. x + 687.) A revision of a book compiled in 1933 and again in 1936. In this last revision there is very little change.

General — WONDER WORKING COLOR. (Capper's Farmer, Vol. 52, No. 3, pp. 48-49, 55, March 1941.) A discussion of the use of color in home decoration in order to make a room look large, small, cool, or warm.

General — ART AND THE PEOPLE. (Recreation, Vol. 25, No. 1, pp. 35-36, April 1941.) An extract from the address delivered by President Roosevelt on March 17 in accepting the National Art Gallery at Washington. It quotes him as saying that "The people of this country know now, whatever they were taught or thought they knew before, that art is not something just to be owned, but something to be made; that it is the act of making and not the act of owning which is art. And knowing this they know also that art is not a treasure of the past or an importation from another country, but part of the present life of all the living and creating peoples - all who make and build; and, most of all, the young and vigorous peoples who have made and built our present wide country."

Equipment

OUTLINE OF THE HOME FURNISHING PERIOD. Harold P. Osborne. (Outline Publishing Co., 1628 American Avenue, Long Beach, Calif., 168 pp., 3d ed. 1941.) The book discusses prehistoric design and designs beginning with the Egyptians 4,000 B. C. and ending with 1940. Profusely illustrated. The designs include wall decoration as well as furniture.

Equipment

THE NEW FOOD BLENDERS. (Consumers' Digest, Vol. 8, No. 6, pp. 9-12, December 1940.) This periodical discusses the working principles and performance test of three different food blenders. In these tests the recipes in the booklets provided with the machines were followed carefully. With the exception of their performance in breaking ice cubes, the test shows the three machines are practically alike.

Equipment

FOUR DECORATOR'S TRICKS AND HOW TO DO THEM YOURSELF. (House & Garden, Vol. 79, No. 2, Double Number, pp. 42-44, February 1941.) With a series of diagrams and illustrations, this article explains how to make slip covers, valances, tailored covers for daybeds or couches, and curtains. It also gives directions for 11 of the most important decorating problems, including measuring windows for curtains, radiators for covers; beds; and couches.

Equipment

RADIANT HEATING BY CONVECTION. Richard Brindley and Alvin Ottum. (Heating and Ventilating, Vol. 38, No. 7, pp. 41-43, illus., July 1941.) This explains the structure of walls and floors and the heating equipment needed for radiant-panel heating.

Equipment

AND NOW "SUN, INC." HEATS WATER FOR YOU. (American Home, Vol. 26, No. 2, p. 25, July 1941.) A brief, illustrated item explaining how water for household use can be heated by the sun's rays with a solar absorber.

Equipment

DOMESTIC WATER SUPPLY. Samuel R. Lewis and International Correspondence Schools Staff. (International Textbook Co., Scranton, Pa., 1940, 172 pp., illus.) A textbook used in vocational teaching. It treats of cold-water supply and hotwater equipment and its installation.

Equipment

FREEZING TEMPERATURES. Helen S. Sharp. (Practical Home Economics Section 1, Vol. 19, No. 2, pp. 52, 72, February 1941.) Discusses freezer locker plants and portable units, and their advantages. The advantage of buying large-sized packages of frozen foods for storing in the home locker is pointed out.

Child Care — DEVELOPMENTAL PATTERN OF THE CHILD AS REFLECTED IN THE CALCIFICATION PATTERN OF THE TEETH. M. Massler, I Schous, and H. G. Poncher. (American Journal of Diseases of Children, Vol. 62, No. 1, pp. 33-67, illus., July 1941.) This study showed that human beings go through successive developmental epochs which are reflected in the dental tissues forming and calcifying at the particular time.

Child Care — DOMINATION AND SOCIAL INTEGRATION IN THE BEHAVIOR OF KINDERGARTEN CHILDREN AND TEACHERS. Harold H. Anderson. (Genetic Psychology Monographs, Vol. 21, No. 3, pp. 287-355, August 1939.) A report of a study of how domination on the part of one child affects another and how domination of teachers affects children. It was found that domination on the part of one person promotes the same tendency in the one dominated.

Child Care — OUR ADVENTURES WITH CHILDREN. Ellen C. Lombard. (School Life, Official Journal of the U. S. Office of Education, Federal Security Agency, 13 pp., July 1941.) A discussion of too much mothering and the handicaps which parents place upon their children when they carry protective instincts over from infancy into the stage of childhood and often further.

Child Care — FURTHER RESULTS ON THE TRENDS OF WEIGHT IN WHITE SCHOOL CHILDREN. Georg Wolff. (Child Development, Vol. 12, No. 2, pp. 183-205, June 1941.) A report of the continuation of a study begun in 1933 on the trend of weight in white school children of Hagerstown, Md. Tables show the trends in weight in 1940.

Child Care — FACTORS ASSOCIATED WITH CRYING IN YOUNG CHILDREN IN THE NURSERY SCHOOL AND THE HOME. Catherine Landreth. (Child Development, Vol. 12, No. 2, pp. 81-98, June 1941.) This article is concerned with the analysis of the following factors: The extent to which physiological and environmental factors affected behavior. The extension of variation in the home and school situations in which this behavior arose. The results revealed a significant relationship between some of the factors investigated and the incidence of crying behavior. The boys were revealed as being much more frequently associated with other children's crying than the girls, the ratio being 3 to 1. Indications also were that conflicts occurred more frequently between close friends and arose out of a marked difference in age, size, and strength.

Child Care — THE MEASUREMENT OF INTELLIGENCE OF INFANTS AND YOUNG CHILDREN. Psyche Cattell. (Psychological Corporation, New York City, 275 pp., 1940.) Directions for testing the intelligence of children.

Food and Nutrition — THE JOB AHEAD. Thomas Parran. (Survey Graphic, Vol. 30, No. 7, pp. 396-400, July 1941.) A general article emphasizing the value of a program to correct deficiency diseases through improvement of the diet. It is followed by a statement of the "Recommendations to the President of the U. S. A. From the National Nutrition Conference for Defense."

Food and Nutrition — MOBILIZE FOR TOTAL NUTRITION! Russel M. Wilder. (Survey Graphic, Vol. 30, No. 7, pp. 381-386, July 1941.) A general discussion of knowledge of nutrition and the importance of improving the nutritional status of the American people.

Food and Nutrition — FOOD FADS, FALLACIES AND FACTS: I. Doris W. McCray. (Hygeia, Vol. 19, No. 8, pp. 646-649, August 1941.) The first of a series of articles giving the history, and contradictory opinions regarding food. Among these are the opinions held (1) that lettuce will keep one awake; (2) that it makes people sleepy.

Food and Nutrition — ESSENTIALS OF AN ADEQUATE DIET: I. Ruth Cowen Clouse. (Hygeia, Vol. 19, No. 8, pp. 643-644, August 1941.) Presents standard daily food allowances which are recommended by the Committee on Food and Nutrition of the National Research Council.

Food and Nutrition — NUTRITION SERVICE IN COUNTY PUBLIC HEALTH PROGRAM. A. F. Whitsitt. (The Child, Vol. 6, No. 1, pp. 16-19, July 1941.) Explains how to carry out a county-wide nutrition program and suggests getting a picture of the county situation and a list of all agencies dealing with nutrition problems, calling a conference, the connection the Health Department should play in the school-lunch program, and indications of progress.

Food and Nutrition — A DISCUSSION OF VITAMIN B COMPLEX. B. L. Maizel. (International Confectioner, Vol. 41, No. 6, pp. 8-9, 44-45, June 1941.) A discussion of the opinions that the best vitamin sources are not widely used, that vitamin B_1 aids carbohydrate metabolism, and methods of measuring and determining the need for certain vitamins.

Food and Nutrition — NUTRITIONAL PROBLEMS OF NATIONAL DEFENSE. Albert M. Potts. (Science, Vol. 93, No. 2423, p. 539, June 6, 1941.) Report of a symposium on nutrition conducted by the Chicago Branch of the American Association of Scientific Workers. Here it was urged that wheat milling processes be modified, as is already being done, to include the greatest possible vitamin content; that to all refined sugar be added 20 percent of its weight of skimmed milk solids; and that vitamin C as citrus fruit or concentrates then be added to all diets.

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

No. 489

September 24, 1941

TO HOME-ECONOMICS EXTENSION WORKERS:

Herewith are given references to certain books and home-economics literature that may be of interest to you. Before writing for further information about these references, please consult your librarian.

Sincerely,

Edith L. Allen

Edith L. Allen
Assistant Home Economist.

Handicrafts — POTTERY IN THE MAKING. A handbook for teachers and individual workers. Dora Lund. (Manual Arts Press, Peoria, Ill., no date, pp. xii + 94.) A reprint of an English book which gives instructions for preparing the clay, making pottery, bricks, tiles, etc. Instructions include throwing, drying and finishing, firing, glazing, mold making, and casting. Illustrated.

Handicrafts — WE'RE PRETTY TIRED OF BEING TOLD "AMERICAN WOMEN CAN'T DO ANYTHING"! Anna B. Roller. (The American Home, Vol. 24, No. 1, pp. 44-46, June 1941.) An article on the making of hooked rugs. It suggests that an old picture frame will do for a frame, or that a quilting frame may prove even more satisfactory.

Handicrafts — WHAT'S HAPPENING IN U. S. A.? (The American Home, Vol. 24, No. 1, pp. 62-65, June 1941.) This article describes some of the pottery being made by handicrafters in various places, including Moore County, N. C., San Francisco, Calif., Zanesville, Ohio, and others. It tells how the various potteries have developed and illustrates some examples of their work.

Handicrafts — OLD AMERICAN DESIGNS INSPIRE A NEW SERIES OF ARTICLES ON NEEDLEWORK. (Woman's Day, 19 West 44th Street, N.Y. Vol. 4, No. 9, pp. 23-31, June 1941,) A discussion of needlework in the form of embroidery which has been made in many countries from the early civilization to the present time. It gives illustrations of some of the American-made articles decorated with this work and tells how it is made.

Equipment

ELECTRIC AND GAS APPLIANCE PICTURE ON THE FARM. (House Furnishing Review, Vol. 94, No. 6, pp. 33-34, June 1941.) With graphs and tables this article indicates the progress of the extension of rural electrification into rural areas. The farm refrigeration market and rural home laundry are analyzed.

Equipment

BIBLIOGRAPHY. (Illuminating Engineering, Vol. 36, No. 5, pp. 581-597, May 1941.) A carefully selected bibliography on lighting. Classifications include illumination design, industrial lighting, residence lighting, natural lighting, safety, light and vision, paint and illumination, fluorescent lighting, lighting fixtures, economics of good lighting, color and light and heat, and other subjects.

Equipment

"PACKAGED PLUMBING" AND "SELF HELP" CUT PLUMBING COSTS IN HALF. (Rural Electrification News, Vol. 6, No. 9, pp. 16-17, May 1941.) Tells of the advantage that has come to thousands of farmers on rural electrification lines through buying equipment in packages. This revolutionary idea was worked out in the cooperatives of the members of the REA for buying packages of plumbing units; such as, packages for lighting and water systems. The cooperative furnished the tools and the farmer the muscle.

Equipment

SELECTING POTS AND PANS. (Consumer's Digest, Vol. 9, No. 3, pp. 29-32, March 1941.) Advises the selection of a variety of materials in pots and pans. When a maker of kitchenware boasts that food cooked in his particular brand of pan will retain vitamins, minerals, and other food elements, the wise cook will be skeptical. Vegetables can be cooked without water in any pan with a heavy bottom and a tight-fitting lid.

Equipment

HEAT AND STEAM GENERATION: PRINCIPLES OF HEATING, STEAM GENERATION, DOMESTIC OIL HEATING. International Correspondence Schools Staff. (International Textbook Co., Scranton, Pa., 1937, pp. v + 68.) Intended as a text for use in vocational schools, this book explains the working principles of various heating devices.

Equipment

RADIATORS AND FITTINGS: STEAM FITTING ACCESSORIES, RADIATORS AND CONDUCTORS. Samuel Richard Lewis and the International Correspondence School Staff. (International Textbook Co., Scranton, Pa., 1939, pp. iv + 72.) A textbook for vocational schools which takes up the subject of valves, traps, air cocks, tanks, protective coverings, pneumatic ash removal, heat-transmitting units, radiators and conductors. Diagrams illustrate the working principles of these devices.

Extension

PREPAREDNESS ON THE FARM HOME FRONT. Mary E. Loughead. (Journal of Home Economics, Vol. 33, No. 5, pp. 328-329, May 1941.) Presents a program for defense by the Arkansas State Council of Home Demonstration Clubs. The program was set up under the following heads: Collecting live-at-home information; Planning for the production of the family food supply; Food preservation; The family dining table; Food selection. Training schools have been held in each of the 77 counties in the food-production and nutrition phases of this program.

Extension

MEASURING THE RESULTS OF EXTENSION SERVICE. Lita H. Luebbers. (What's New in Home Economics, Vol. 5, No. 11, pp. 5-7, 22, July 1941.) This article states that the extension worker has a much more difficult problem, than the teacher in attempting to measure results, because tests and examinations are out of the question in adult education and extension work. The extension worker has to depend on questions like: What use is made of the information given? What skills are put into practice? What is accomplished in the way of appreciation and understanding? What interests and curiosities are aroused? How has the individual family been affected? Methods of measuring results in extension work are discussed. The article gives an outline, or rather, suggestion on how a home demonstration agent goes about giving instruction in the making of a garment.

Extension

RURAL CONSUMERS GET CONSUMER EDUCATION. Mary Rokahr. (Agricultural Leaders Digest, Vol. 22, No. 5, pp. 30-32, July 1941.) This short article tells something of what Extension Service is teaching farm women and 4-H Club girls regarding marketing.

Extension

PLANNING FOR ECONOMIC SECURITY. Gertrude Humphreys. (Practical Home Economics, Vol. 19, No. 4, pp. 126-127, 145-146, April 1941.) What is being done in home demonstration work in West Virginia in planning for the economic security of farm families. Some case studies are included; also an outline of points to be considered, such as What is the present situation, what is the present income, what is the value of the farm and home property.

Extension

BRING THE GARDEN IN ON A SALAD PLATE. (Farm & Ranch, Vol. 60, No. 7, pp. 23, July 1941.) Reports a discussion by a home demonstration agent and a group of farm women attending a demonstration in a Hood County, Tex., farm home. Some things that home demonstration workers are discussing and doing are illustrated.

Food and Nutrition

DISTRIBUTION OF NICOTINIC ACID IN FOODS. An editorial. (Journal of American Medical Association, Vol. 117, No. 3, p. 197, July 1941.) A discussion of our present information on the varying distribution of essential dietary factors, particularly nicotinic acid, in foodstuffs. That nicotinic acid is an etiological factor in pellagra seems established, although it is true that victims of this disease often suffer from a multiple vitamin deficiency. Mention is made of some foods comparatively rich in nicotinic acid, one of which is yeast.

Food and Nutrition

A STUDY OF CERTAIN ATTITUDES OF WOMEN TOWARD CANNED FRUITS AND VEGETABLES. Elmer Roper. (National Canners Association, Washington, D. C., pp. 16, 1941, paper.) A report of a study made for the National Parents Association on the opinions of women 18 years of age and over on the question of canned foods. The findings show that a great majority of the public is satisfied with its experiences with canned food but that there are enough instances of dissatisfaction to indicate the need for continued vigilance in the industry. Prices seemed to be regarded as reasonable. Most people buy canned fruits by brand. There appears to be very little active demand for grade labeling on the part of housewives, though more than one-half the people appeared receptive to this idea.

Food and Nutrition

RIBOFLAVIN AS A FACTOR IN ECONOMY OF FOOD UTILIZATION. Barnett Sure and Maurice Dichek, with assistance of Martin M. Citron. (Journal of Nutrition, Vol. 21, No. 5, pp. 453-460, May 1941.) In this report on research on riboflavin as a factor in the utilization of food, the authors conclude that riboflavin produces a pronounced effect on economy of food utilization for synthesis of body tissues. They found that increases in body gains were derived mainly from fats and to a lesser but appreciable extent from proteins.

Food and Nutrition

VITAMINS. (Vogue, Vol. 97, No. 10, pp. 58, May 15, 1941.) This article says that one needs some vitamins to live, but needs more for radiant health, and it tells why. It advises against making vitamins an excuse for improper eating, riotous living, and late hours. It then tells about some of the things for which special vitamins are needed.

Food and Nutrition

COOKING FATS AND OILS. (Consumer's Digest, Vol. 8, No. 6, pp. 33-38, December 1940.) Discusses fats and oils as shortenings and their nutritional value, and compares lards and other kinds of fat, pointing out the characteristics of each. The article says that, for ordinary frying, a can kept in the refrigerator, into which suitable home-rendered fats are poured, will save quite a considerable amount on the cooking-fats bill.

United States Department of Agriculture
E X T E N S I O N S E R V I C E
Washington, D. C.

No. 490 October 1, 1941

TO HOME-ECONOMICS EXTENSION WORKERS:

Herewith are given references to certain books and home-economics literature that may be of interest to you. Before writing for further information about these references, please consult your librarian.

Sincerely,

Edith L. Allen

Edith L. Allen,
Assistant Home Economist.

Personal — BUILDING YOUR PERSONALITY. Hattie Marie Marsh. (Prentice-Hall, Inc., New York 1940, pp. ix + 209.) This book explains the meaning of the term "personality" and discusses ways of measuring it. Chapters take up the subjects of speech, poise, dress, grooming, etiquette, and health. It is intended as a combination textbook and work book for students of about freshman college level.

Personal — LIVING TOGETHER WELL. Leon C. Marshall and others. (L. C. Marshall, Washington, D. C., 464 pp., 1940, mimeographed.) A series of units on Understanding ourselves and our world; Accumulating and transmitting culture; Developing and utilizing standards; Forming, maintaining, and governing groups.

Personal — THE MEASUREMENT OF PARENT BEHAVIOR. Horace Champney. (Child Development, Vol. 12, No. 2, pp. 131-165, June 1941.) Discusses rating scales and their reliability and unreliability, the variables, and supplementary ratings that may be used.

Personal — UNDERSTANDING OURSELVES. Helen Shacter. (McKnight & McKnight, Bloomington, Ill. 1940, pp. 117.) This little book is a simple presentation of psychological principles that may help the lay reader to understand himself and develop his personality. Some chapter headings are: Personalities vary in many ways; How people are fundamentally alike; our desire for approval, for success, and to be like others; how we may fail to satisfy our social needs; solving problems versus evading problems; day dreaming and evasion; some other ways of evading difficulties; fears recognized and unrecognized; the game of living.

Handicrafts — FROM RAGS TO RUGS. (Ohio Farmer, Vol. 187, No. 12, pp. 16, June 14, 1941.) Tells how to make braided and hooked rugs.

Handicrafts — THIS IS APPLIQUÉ. (Women's Day, (unnumbered) pp. 17-23, September 1941.) Presents colored illustrations of examples of appliqued quilts and other articles, showing details of designs.

Handicrafts — HAND-WEAVING AND DYEING: AN INFANT INDUSTRY. (What's New in Home Economics, Vol. 5, No. 12, pp. 10-11, August 1941.) Reports a study being made at Lubbock, Tex., to determine which Texas plants, trees, and roots may be used as dyes and other raw material for making woven fabrics. It has been found that about 8 months' training and experience is needed to produce satisfactory materials.

Handicrafts — TIPS ON TABLES. (Spool Cotton Co., New York, 1941, Book No. 167, pp. 38, illus., paper.) Tells how to make knitted and crocheted table covers.

Handicrafts — AFGHANS. (Spool Cotton Co., New York, 1941, Book No. 165, 23 pp., illus.) Instructions for making several kinds of afghans.

Handicrafts — BEDSPREADS: TO KNIT AND CROCHET. (Spool Cotton Co., New York, 1941, Book No. 166, 30 pp., illus.) Tells how to make knitted and crocheted bedspreads.

Handicrafts — ART TODAY: AN INTRODUCTION TO THE FINE AND FUNCTIONAL ARTS. Ray Faulkner, Edwin Ziegfeld and Gerald Hill. (New York, Henry Holt & Co., 1941, pp. xviii + 358, illus. 214.) The parts are: The problem of human needs; The problem of organization; and The problem of materials and processes. In the last part a number of craft materials and methods are discussed, including wood, metal, plastics, glass, textiles, photography, and various printing processes.

Handicrafts — AMERICAN COSTUME DOLLS: HOW TO MAKE AND DRESS THEM. Nina R. Jordan. (Harcourt, Brace & Co., New York, 1941, pp. xiv + 230, illus.) The title describes the book. The dolls are made of wire, paper, and paste.

Handicrafts — THIS IS KNITTING. (Woman's Day, (unnumbered) pp. 18-23, 44. August 1941.) Suggestions about knitting many articles, from bedspreads to lamp shades.

Housing — AIR CONDITIONING FOR HUMANS: OUR POINT OF VIEW. A. G. I. (Scientific American, Vol. 165, No. 1, p. 19, July 1941.) Tells about the advantages of air conditioning in the preservation of wares and material; but adds that human beings are not "quantity merchandise" and therefore do not respond to air conditioning in the same way. It points out difficulties in adapting air conditioning to human needs for a healthful environment.

Housing — NEW IDEAS FOR BUILDING YOUR HOME. John Normile, ed. (Meredith Pub. Co., Des Moines, Iowa, 1940, pp. 178, illus.) Better Homes and Gardens' book of selected home plans containing photographs and plans of 130 selected houses. Also chapters on financing and building the home.

Housing — PLANNING AND LOW-RENT HOUSING. Dwight P. Flanders. (Social Forces, Vol. 15, No. 3, pp. 337-345, March 1941.) An argument for planning more effective use of public funds to assist low-rent housing projects.

Housing — ILLNESS AND ACCIDENTS AMONG PERSONS LIVING UNDER DIFFERENT HOUSING CONDITIONS. Rollo H. Britten and Isadore Altman. (U. S. Public Health Reports, Reprint No. 2253, Vol. 56, No. 13, March 28, 1941, 32 pp.) This bulletin discusses illness in crowding; diseases due to crowding; digestive diseases in relation to toilet facilities; home accidents in relation to rental and value.

Housing — HOUSING BETWEEN BOOM AND BOTTLENECKS. Max Nurnberg. (Social Research, Vol. 8, No. 2, May 1941, pp. 189-212.) A general report of the studies made by the United States Housing Authority in relation to the 118,000 dwelling units started or completed. Attention is given to defense and normal needs. It also discusses the financing of such houses including the inflexible financing costs. It says that a compilation based on a single-family project shows that whereas 20 percent reduction in cost of materials would bring about 9.3 percent decrease in monthly carrying charges, the reduction in labor cost would effect a still smaller decrease, that is, 4.7 percent. Other compilations are also given. It also discusses the possibility of another building boom and certain speculative exaggerations in the housing field.

Housing — WE BUILT IT OURSELVES - FOR $500. Frederic Jay Perkins. (The American Home, Vol. 25, No. 6, May 1941, pp. 57-59.) This article tells the story of how a family built their own home when none of them were professional carpenters or builders. The only professional person hired on the job was the man who hung the kitchen cabinet door. It then tells the steps taken in building the house and how they obtained second-hand lumber and other materials. They assisted in the construction of the house and the reduction of its cost. Illustrations show the plan of the house and its exterior and interior appearance.

Foods and Nutrition — (General Mills, Inc., 400 34th Street, Minneapolis, Minn.) This company has a packet of 19 mimeographed circulars by Betty Crocker on the After-the-wedding refreshments; menus and recipes for "big affairs"; Round-the-year buffet luncheon and supper menus; Suggestions for the lunch box; Entertaining at Thanksgiving; For holiday festivities; Christmas party games; Entertaining at Christmas; Shaping rolls and fancy yeast breads; Economy dinners in no time; Ways of stretching food dollars. A simple guide on meal planning for children of preschool age; Dessert parties; Menus for memorable picnics; Beautiful cakes; Betty Crocker's answers to common questions about butter cakes; Essentials for the making of good pie crust; Icings to finish beautiful cakes.

Foods and Nutrition — BREADS AND MORE BREADS. Recipes from many nations. Lois Lintner Sumption and Margaret Lintner Ashbrook. (Manual Arts Press, Peoria, 1941, 248 pp., illus.) This book gives a general outline for bread making and suggestions for equipment. It also gives the principles of leavening yeast and quick breads. The remainder of the book consists of bread-making recipes from many different countries.

Foods and Nutrition — EVERYDAY FOODS. Jessie W. Harris and Elizabeth Lacey Speer. (Houghton, Mifflin Co., Boston, 1941, pp. viii + 600, illus.) A textbook for high schools, newly revised. New information has been added to some of the chapters and the recipes in the cookbook retested. Many of the illustrations are new.

Foods and Nutrition — ARE YOU SENSITIVE TO FOODS? (Science Digest, Vol. 10, No. 3, pp. 6-10, September 1941.) An article condensing information in the book, When You Have Food Allergy. It says that some authorities prefer the expression "food-sensitiveness" to that of allergy and that one speaks of major and minor allergies. The major ones are those which produce acute illness; the minor ones may only cause a person to keep tasting a food for the next hour or two after eating it. Desensitizing people to foods is difficult.

Foods and Nutrition — PECTIN DECOMPOSITION vs. SUGAR INVERSION IN JELLY. G. L. Baker and W. M. Goodwin. (Food Industries, Vol. 13, No. 8, pp. 45-46, August 1941.) Evidence produced by this study shows that hydrolysis of the pectin itself rather than of the sugar used is the important matter in jelly making. The cranberry was the fruit used in the study.

Foods and Nutrition — FACTS ABOUT VITAMINS. Mabel Stegner. (Practical Home Economics, Section 1, Vol. 19, No. 3, pp. 19, 88-89, March 1941.) Includes a table giving specifications for calories, vitamins A, B, C, and G or B_2 for diets of various types, as recommended by several authorities; explains the functions, characteristics, and sources of the several known vitamins.

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

No. 491 October 8, 1941

TO HOME-ECONOMICS EXTENSION WORKERS:

Herewith are given references to certain books and home-economics literature that may be of interest to you. Before writing for further information about these references, please consult your librarian.

Sincerely,

Edith L. Allen

Edith L. Allen
Assistant Home Economist

Management — 13 CAN SIZES LISTED IN NEW SAUTHOFF BILL. (The Canner, Vol. 93, No. 5, pp. 24, July 5, 1941.) A brief item explaining the sizes of cylindrical containers enumerated in the bill. According to this bill it would be illegal to use any other size of metal container unless special approval was granted by the Secretary of Agriculture.

Management — THE ALMIGHTY DOLLAR. Mae Hooper Norby. (What's New in Home Economics, Vol. 6, No. 1, pp. 38, 39, 94, 96, September 1941.) Outlines a budget for an income of $1,200 a year and discusses the items in the plan.

Management — RESEARCH ON COTTON. Claudius T. Murchison. (American Dyestuff Reporter, Vol. 29, No. 25, p. 669, November 11, 1940.) This article discusses research that is being carried on with the hope of extending cotton consumption within the United States to ten million bales annually, or an increase of about two million bales from the annually anticipated consumption. At present too little is known about the physical and chemical properties of cotton.

Management — INFORMATION AVAILABLE TO CUSTOMERS IN RETAIL STORES. B. Eleanor Johnson (Journal of Home Economics, Vol. 33, No. 6, pp. 382-386, June 1941.) A discussion of information available to consumers in retail stores, which will help them in the buying of articles of clothing, towels, kitchen knives, and a number of other articles. It is a report of a committee of the American Home Economics Association which made a study of this question.

Personal

MAN - THE MECHANICAL MISFIT. Condensed from General Electric "Science Forum" program. George H. Estabrooks. (Science Digest, Vol. 10, No. 4, pp. 1-4, October 1941.) This article contends that man is a misfit only because of circumstances and that about 10,000 years ago he was a splendid physical machine. The author then points out some reasons for man's mechanical deterioration. He summarizes by saying that man, highly intelligent, has built up a civilization in which he, himself, is not fitted, so he has discovered various ways of sidestepping Nature's great laws. For example: his limitation of birth rate, and it is this insanity of insanities so to speak which will probably render futile any efforts made by genetics to save mankind from downfall.

Personal

DO ADOLESCENTS NEED PARENTS? Katharine Whiteside Taylor. (National Parent-Teacher, Vol. 36, No. 1, pp. 8-10, September 1941.) A discussion of some of the points brought out in a book of the same title by this author. She says that only those who are really secure can be independent in the true sense and that being accepted by their parents is of primary importance.

Personal

FAMILY BEHAVIOR: A STUDY OF HUMAN RELATIONS. Bess V. Cunningham. (W. B. Saunders, Philadelphia, revised 1940, pp. 527.) A new chapter has been added and other material brought up to date in this textbook for college students. The parts of the book are: Orientation, Social setting, Old problems in new settings, Nurture of personalities.

Personal

AS WE GROW OLD. (Science Digest, Vol. 8, No. 6, pp. 23-27, December 1940.) This article is condensed from a chapter in the book Social Psychology by Charles Bird, and is a discussion of the ability of people of different ages: such as, at what age one is most likely to produce work that brings fame. It says among other things that a monotony of social stimulation rather than a deficiency in an aging organism may account for the conservatism of older people. If the older people would intentionally pursue a varied life which was presenting new experiences in political, religious, social, and scientific challenges, zest would be added to their living and their creative ability. It also points out the fact that many persons are better adjusted to society in old age than they are earlier. Some of them even become social assets who were not so well adjusted in youth.

Equipment — OF COURSE YOU CAN MAKE CURTAINS. Susan Seymour. (Better Homes and Gardens, Vol. 19, No. 9, May 1941, pp. 42-43, 132-133.) Gives instructions for making and altering curtains.

Equipment — ECONOMICAL FARM FREEZING PLANTS. D. M. Rutherford. (Pacific Rural Press, Vol. 141, No. 12, June 14, 1941, pp. 434.) Diagram shows the construction of a farm freezing plant consisting of a zero box and cold room. Directions for building this are given.

Equipment — HEATING SPECIFICATIONS: PARTS I-II. Samuel Richard Lewis. (International Textbook Co., Scranton, Pa., 1937, pp. iv + 67.) A textbook which takes up the preparation of plans for house heating and a discussion of various types of vacuum heating and hot air heating devices.

Equipment — FARMERS HELP THEMSELVES TO MODERN FARM PLUMBING. (Rural Electrification News, Vol. 6, No. 9, pp. 9-11, May 1941.) With an illustration of tools and some methods of working this article shows how farmers have installed modern plumbing on their farms.

Equipment — RADIANT HEAT FOR YOUR HOME. (Science Digest, Vol. 8, No. 6, pp. 1-5, December 1940.) A summary of an article which appeared in The Architectural Record for September 1940 and explains the effect of radiant heat in the home. It says, among other things, it is important that a heating system provide an air temperature at the level of the feet, equal to or greater than at the level of the head. Recent experiments indicate that this condition is more nearly approached by the radiant means than by other methods. The difference between radiant and other heating systems is that the first maintains human comfort by controlling the temperature of surrounding surfaces; the other does it by controlling the temperature of surroundiug air. Also the article points out limitations in the use of radiant heating in combination with cooling installations. These are satisfactory where summer humidities are low, but where they are high the walls become wet.

Food and Nutrition

ENRICHED BREAD - AN ANSWER TO MALNUTRITION? Julia B. Mackenzie. (Journal of the American Dietetic Association, Vol. 17, No. 7, pp. 650-655, August-September 1941.) This article points out the changes that have taken place during the past 40 years in our concept of an optimal diet. It then points out the advantages of iron and vitamin enriched bread.

Food and Nutrition

SAFE AND SANE REDUCING DIETS. Ida Jean Kain (Journal of the American Dietetic Association, Vol. 17, No. 7, pp. 671-674, August-September 1941.) This author advises propaganda to make sane reducing diets popular. She also says that a diet high in proteins usually gives a feeling of satiety quicker and to a greater degree than does low protein meals, that a high protein diet helps to prevent water retention, restricts the consumption of carbohydrates and tends to speed up metabolism which raises the body heat and burns up fat.

Food and Nutrition

FOOD FACTS AND FADS. Helen S. Mitchell. (Journal of the American Dietetic Association, Vol. 17, No. 7, pp. 667-670, August-September 1941.) This author points out the fact that there are a variety of diets or dietary fads which never originated with reputable physicians or dietitians. Among these are the exclusively raw food diet. The author says that these folks may survive and prosper without the use of a stove, but why follow the diet? Then there is the fad of "natural foods" and many others on which she comments.

Food and Nutrition

WITH EMPHASIS UPON NUTRITION. Miriam E. Lowenberg. (National Parent-Teacher, Vol. 36, No. 1, pp. 30-31, September 1941.) Concerns child feeding and says the first consideration is that the child needs three good meals a day. For between-meal lunches, give him fruit or, if he is very hungry, a glass of milk. However, try to eliminate his between-meal snack by seeing that he eats plenty at the three meals. The author points out the importance of texture of food served him.

Food and Nutrition

RECOMMENDED ALLOWANCES FOR THE VARIOUS DIETARY ESSENTIALS. (Journal of the American Dietetic Association, Vol. 17, No. 6, pp. 565-567, June and July 1941.) A report of the Committee on Food and Nutrition of the National Research Council on the amount of food desirable in the daily diet. A table shows the recommended daily allowances for specific nutrients which include calories, protein, calcium, iron, thiamin, A, B_1, C, riboflavin, and nicotinic acid.

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

No. 492 October 15, 1941

TO HOME-ECONOMICS EXTENSION WORKERS:

Herewith are given references to certain books and home-economics literature that may be of interest to you. Before writing for further information about these references, please consult your librarian.

Sincerely,

Edith L. Allen

Edith L. Allen
Assistant Home Economist.

Child Care

HELPING YOUR CHILDREN LEARN. Ethel Bushnell Waring and Marguerite Wilker Johnson. (Cornell University Press, Ithaca, N. Y., 1941, pp. vii + 450. processed paper.) This book offers three lines of investigation and study of child care. The authors present their observations in pairs to show how two children in seemingly similar situations behave and learn very differently. Points of view with enough in common to supplement and reinforce each other are used rather than extreme points of difference on controversial issues. Throughout this book, emphasis is given to younger children. It is intended for the use of parents. Some problems brought up are: Relationship of children with adults; Children's language; Emotional behavior; Nervous behavior; Living with other children; Eating and sleeping behavior.

Child Care

THE PERSONAL-SOCIAL DEVELOPMENT OF BOYS AND GIRLS. Committee on Workshops Progressive Education Association. Lois Hayden Meek, chairman; and others. (Committee on Workshops Progressive Education Association, New York, 1940, 243 pp.) A report of a study of the personal and social relations of boys and girls during puberty and adolescence and their relations with their families and teachers. The intent of the book is to give teachers a basis for understanding the problems of boys and girls in their classrooms. It discusses such things as the role the teacher may play as the parent's substitute; changed relations of the child in the home as he grows older; problems involving class groups; the emotional climate of the school; and, helping students toward more satisfactory family relationship.

Health

VITAMINS: WHAT THEY ARE AND HOW THEY CAN BENEFIT YOU. Henry Borsook. (The Viking Press, New York, 1941, pp. xiii + 212.) The author says that we have barely begun to use our new knowledge regarding vitamins, and the fact that the general level of health is lower than need be confronts us with serious problems - defective vision in dim light, most constipation and dyspepsia, minor aches and pains of middle age, poor teeth, thinning of the bones, general fatigue and tonelessness. Chapters discuss the use of the various vitamins for preventing poor health; diet and dental health; diets for children and adults, and the diet of vitamins which the author calls The new gold rush.

Health

HEALTH OF LOW-INCOME FARM FAMILIES. Marjorie Van de Water. (Science - Supplement, Vol. 93, No. 2422, pp. 10, May 30, 1941.) A report, from a meeting of the Population Association of America, which says that only five of a thousand heads of low-income farm families are in really good health. These people have an accumulation of defects and chronic conditions which cause progressive debilitation and, in some cases, partial or total disability.

Health

FEEDING OUR TEETH. Mary S. Rose and Bertlyn Bosley. (Bureau of Publications, Teachers College, Columbia University, New York, 1940, 26 pp., paper.) The contents of this book include: What teeth do for us; Study of a tooth; Caring for our teeth; Foods our teeth need; Exercising the teeth, and a discussion of certain foods such as cod liver oil, tomatoes, and oranges, which are especially valuable in the preservation and development of the teeth.

Health

THE RELATION OF DENTAL CARIES IN CITY CHILDREN TO SEX, AGE, AND ENVIRONMENT. Bion R. East. (American Journal of Diseases of Children, Vol. 61, No. 3, pp. 494-517, March 1941.) A report of a study in cities in 130 counties in the United States. Results show that the amount of solar-violet energy available at a given point on the earth's surface is related to the amount of dental decay in teeth of the children residing in a location favorable for absorption of solar rays. The study also lent validity to the reports that caries incidence in children is lowered when they are regularly fed vitamin D. The larger the city and the more northerly its location, the greater is the need for the feeding of vitamin D to promote resistance against caries. Children in southern cities have less caries than those in the North, but in the southern cities the children who do not obtain vitamin D from the sun or from their food have not the resistance to the caries that those with sufficient vitamin D have.

Health

VITAMIN K. Annotated Bibliography. (Merck & Co. Inc., Rahway, N. J. 1940, 91 pp.) As the title indicates, this publication is a bibliography of reports of recent studies on the subject of vitamin K. A short summary accompanies each item.

Textiles and Clothing

FASHION IN DRAWING: HOW TO DO IT. Hazel R. Doten and Constance Boulard. (Federal Schools, Inc., Minneapolis, Minn., 27 pp., 1941.) Book No. 4 on Mechanics of Reproduction, Accessories, Layout and Lettering, and tells how to make different types of drawings that may be used for reproducing illustrations for magazines and newspaper advertising in connection with the design of clothing. The first chapter deals with the mechanics of reproduction of line cuts, halftones, and color illustrations.

Textiles and Clothing

IDENTIFICATION OF FIBRES. (The Journal of the Textile Institute, Vol. 32, No. 6, pp. S22-S30, June 1941.) A table shows steps in a preliminary analysis of fibers by the burning method, another by the chemical method, and a third by flotation. This technical article gives specific direction for various tests used for other fibers such as varieties of rayons, acetates, casein, nylon, vinyon, and alginate fibers.

Textiles and Clothing

PHYSICAL ANALYSIS OF 31 QUALITIES OF OUTING FLANNEL. Margaret B. Hays and Gypsy B. Frankenberg. (Journal of Home Economics, Vol. 33, No. 6, pp. 404-408, June 1941.) A report on research work recently completed in the Bureau of Home Economics Department of Agriculture on the qualities of outing flannel. In this study, 31 makes were considered. The proposed specifications were set up for the plain outing flannel and the twill outing flannel. It says that if the consumer needed a fabric with strength she would select twill.

Textiles and Clothing

EASY WAYS TO SEW AND SAVE: THE LATEST SEWING SECRETS. (Spool Cotton Co., N. Y., 1941, Book No. 169, pp. 129, illus.) The title describes this pamphlet.

Textiles and Clothing

THE CHARM CHART. Hazel Thompson Craig and Ola Day Rush. (Little, Brown & Co., Boston, 1941, 21 pp.) A study manual to accompany the book "Clothes With Character" by the same authors. The manual is made up of many questions with which the student can check her own appearance.

Textiles and Clothing

CLOTHES WITH CHARACTER. Hazel Thompson Craig and Ola Day Rush. (Little, Brown & Co., Boston, 1941, x + 260 pp.) This textbook, intended for high schools, is directed to the girl who wants to be well dressed and well groomed. The five unit headings are: Good grooming is the secret of charm; Selecting your clothes is a joy; Well-planned budgets benefit the consumer; Buying is a game for the well-informed consumer; and, History repeats itself in the world of fashion.

Social

DOES DECENTRALIZED INDUSTRY MEAN GREATER SECURITY? The Case of Massachusetts. John Useem. (Rural Sociology, Vol. 6, No. 1, pp. 43-56, March 1941.) This study shows that the moving of industrial plants to rural areas has not given the security hoped for. The workers have not been able to supplement adequately income from industry with farming, and the rural communities experience many maladjustments. Since there is a definite trend toward decentralization, there is need for added protection for rural America.

Social

AMERICAN STATUS SYSTEMS AND THE SOCIALIZATION OF THE CHILD. Allison Davis. (American Sociological Review, Vol. 6, No. 3, June 1941, pp. 345-356.) This article discusses the symbols and socially defined goals of the child as well as the adult as ordered by our present system of appropriate age, sex, and kin behaviors; how these roles exist within a hierarchy of privileges, and the variation between societies as to the complexity and rigidity of age, sex stratification. In the discussion of this paper, Robin M. Williams says "Mr. Davis has presented a description of differences among social classes in this country."

Social

POVERTY AND DEPENDENCY. John Lewis Gillin. (D. Appleton Century Co., Inc., New York, 1937, 3d ed., pp. viii + 755.) A college text, intended for those preparing for social work. Part 5 takes up the subject, Preventive Agencies and Methods in the Field of Relief. The book is divided into several chapters on relief, neighborliness, health education, recreation, religion, property, population and poverty, science and the problem of poverty and dependency, a program of treatment and prevention. Chapter 18, part 4, discusses the aged dependent.

Social

NEW SOCIAL HORIZONS. Seba Eldridge. (The Century Social Science Series. D. Appleton-Century Co., Inc., New York, 1941, 444 pp.) The author attempts to interpret contemporary culture in the United States, the objective being a critical evaluation of existing instructions, group interest and schemes of life, and the formulation of constructive proposals that may be helpful in the development of a civilization better suited to the needs of the human spirit. Some chapter headings: Ready-made education for the masses; The growth of social politics; The nurture of creative activity; Preparation of leadership and discipline of the self. The chapter on leadership is one which may be of special interest to extension workers.

Social

INTEGRATION OF AMERICAN SOCIETY. Robert Cooley Angell. (McGraw-Hill Book Co., Inc., New York, 1941, 228 pp.) A discussion of the social theory presented in a book called "The Structure of Social Action" by Talcott Parsons, published in 1937. It discusses: The integration of a society; Struggle groups; Benevolent groups; The family: The Church; Clubs, associations, and cooperatives; and, Summary.

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

No. 493 October 22, 1941

TO HOME-ECONOMICS EXTENSION WORKERS:

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Sincerely,

Edith L. Allen

Edith L. Allen
Assistant Home Economist

Housing — DANGER POINTS IN DEFENSE HOUSING. Edith Elmer Wood. (Survey Graphic, Vol. 30, No. 8, pp. 433, 434, August 1941.) This author says that housing shortages in defense areas should be met by building to rent and not to sell, with controlled rents, in order to avert disaster. When the emergency ends, jobs will end, and purchasers will be unable to keep up payments on houses, and these will become a drug on the market.

Housing — HOUSES BUILT FOR WOMEN: THE HOUSEWIFE'S VIEW OF MILL WORK. (American Lumberman, Vol. 68, No. 3203, pp. 30-31, May 1941.) A report of a survey of the opinions of women living in houses costing $6,000 to $6,500, regarding the arrangement and type of windows, doors, cabinets in their homes. They did not want entrances that opened directly into the living room, but, rather, into a small hall. They wanted plain flush doors and the sill of the window over the sink low enough to see out easily. Other demands are cited.

Housing — HOW TO OBTAIN ADEQUATE FARM HOUSING WITH LIMITED INCOME. Deane G. Carter. (Agricultural Engineering, Vol. 22, No. 9, pp. 309-310, September 1941.) Discusses the needs for housing among farm families having incomes of $750 to $1,250 a year and some ways in which they can contribute labor and raw materials toward acquiring a better house. In one study, it was found that the farm could contribute 75 percent of the labor, and this with the materials amounted to half the total house value.

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U. S. DEPT. OF AGRICULTURE

Handicraft

THIS IS HOOKING. (Woman's Day, 19 West 44th Street, New York City, Vol. 4, No. 9, pp. 19-22, 47, June 1941.) Examples of American made hooked rugs are shown, and the patterns used by our grandmothers are discussed.

Handicraft

CREATED BY HAND. (Homes and Gardens, Vol. 22, No. 6, pp. 224-225, November 1940.) Tells how to make a pearl rope to wear around the neck, a quilted cushion, and some toy animals.

Handicraft

HOW TO MAKE A HAMMOCK: FOR YOUR AIR-RAID SHELTER. (Homes and Gardens, Vol. 22, No. 8, pp. 310, January 1941.) Diagrams show the pieces of wood used in making a hammock and how the cord is knotted. Detailed instructions are given: 4 balls of large soft string or cord are required and two broomsticks.

Handicraft

INDUSTRIAL HOME WORK CURTAILED IN TWO STATES. (No author.) (The Woman Worker, Vol. 21, No. 5, pp. 14-15, September 1941.) Discusses home-work permits for making gloves. It says home work will be prohibited except for those unable to accept factory employment shortly after May 1, 1942. At times, large numbers of home workers are given full employment, while factory workers have had a short week.

Handicraft

HOLIDAY CARDS FOR YOU TO MAKE. Mrs. Edith Flack Ackley. (Frederick A. Stokes Co., New York, 1940, pp. xii + 109, illus.) Instructions are given for making a large number of different Christmas, New Year's, Easter, and other cards, as well as valentines, and place cards. It tells different methods of making them; such as spatter printing, etching, wood cut, scratchboard, and engraving. Illustrations of greeting cards from olden days are shown; such as, a Swiss christening card, a theater card, a fringed card of 1881.

Handicraft

COLLECTING COLLECTORS. (House & Garden. Double Number Section 2, pp. 2-36, July 1941.) This section is given over to reports of hobbies of different types, and of different people and including the collecting of early American silver spoons and their hallmarks, early American glass patterns, identifying china, needle point, and furniture oddities. Practical tips are given for displaying these hobbies.

Handicraft

TRENDS IN INDUSTRIAL ARTS. Maris M. Proffitt.(Federal Security Agency, United States Office of Education Pamphlet 93, p. 20, 1940. Superintendent of Documents, Washington, D. C. 5 cents.) This pamphlet discusses the alignment of industrial arts education with general education and the broadening of this program. A list of shop activities for boys is given, and the improvement of teachers and workshop is noted.

Management

CONSUMER EDUCATION IN THE SCHOOLS. Herbert A. Tonne. (Prentice-Hall, Inc., New York, 1941, pp. xiii - 365.) This book is intended for senior college and graduate students in teachers' colleges and universities. It takes up the development of the consumer movement; the need for consumer education; habits of consumer standing; the role of the consumer in economic life; aims and status of consumer education, and many similar problems.

Management

GRADE LABELING AND SELLING. (The Canner, Vol. 93, No. 5, p. 8, July 5, 1941.) A brief discussion of the relation of salesmanship in the food industry to grade labeling. The opinion has been expressed, according to this item, that grade labeling means the end of the technique of salesmanship of packages and perhaps the end of all direct package selling, because women will be inclined to choose by grades instead of by brands. Others believe that more burden than ever will be put on the packing, as there will be competition between the manufacturers for "Grade A" business just as there is today for brand business. Packers of low grades will have to prove to customers the value of their products.

Management

RISE AND SHINE. Mrs. Grace Watkins Huckett. (American Agriculturist, Vol. 138, No. 9, pp. 264, April 26, 1941.) This article gives directions for cleaning articles such as rugs, upholstered furniture, leather furniture, window shades, dainty doilies, and other things.

Management

CONSUMERS AND NATIONAL DEFENSE. Joan Harap and Henry Harap. (The National Parent-Teacher, Vol. 35, No. 10, pp. 17-18, June 1941.) This article discusses the problems of decline in income with which consumers are faced. In the next few years the amount of food, clothing, and other necessities which a given salary will purchase will be greatly reduced. It advises everyone to anticipate such problems and, if they have a rise in their real income, to make plans to adjust their levels of living with the above problem in view. It then goes on to discuss prices of food, housing, and other necessities.

Management

ACCOUNTING FOR THE INDIVIDUAL AND FAMILY. Neva Henrietta Radell. (Prentice-Hall, Inc., New York, 1940, pp. xiv + 348.) Intended as a college textbook. It introduces a system for keeping records and patterns for economic living. The problems of various people are taken up ; such as, the accounting of the college girls; young bachelor; bride and groom; city family with a limited income; the average American family; the rural family; professional woman, and the suburban family with a higher income. Forms for account-keeping are included for all of these groups.

Food and Nutrition

THE GOURMET ANGLE AND THE NEW VITAMIN "REVOLUTION IN NUTRITION." J. George Frederick (American Cookery, Vol. 46, No. 2, pp. 121-124, August-September 1941.) Stresses the importance of enjoying the foods we eat, and how the palate has led us to eat and to like foods that are good for us, such as, pork chops, and certain vegetables.

Food and Nutrition

VAST NUTRITION PROMOTION CAMPAIGN SLOWLY GAINS HEADWAY. Pushed by United States. Stephens Rippey. (Food Field Reporter, Vol. 9, No. 5, pp. 1, 23, June 21, 1941.) A discussion of the results of the recent nutrition conference and the persons carrying on the program.

Food and Nutrition

LIFE BEGINS WITH VITAMINS. William L. Laurence. (Ladies Home Journal, Vol. 58, No. 7, pp. 28, 57-60, July 1941.) A history and discussion of the discovery, use, and value of various known vitamins.

Food and Nutrition

NATIONAL NUTRITION CONFERENCE FOR DEFENSE. Rowena S. Carpenter. (The Scientific Monthly, Vol. 53, No. 1, pp. 87-91, July 1941.) Another report of the conference on food and nutrition stating the need for the program decided upon.

Food and Nutrition

DIETARY PROTEIN AND ITS RELATION TO HEALTH AND DISEASE. Editorial. (Journal of the American Medical Association, Vol. 173, No. 2, pp. 113-114, July 12, 1941.) Discusses the quality and quantity of dietary protein which influences growth, maintenance and repair, as well as reproduction and lactation; also as an important source of energy. The article says, among other things that, when animals are fed diets low in proteins, over a time, so-called nutritional edema develops, owing possibly to a fall in the serum protein level and the osmotic pressure under these circumstances. This condition is alleviated when the protein content of the diet is increased. This is one of the importnat reasons for sufficient protein in the diet.

Food and Nutrition

FRUIT JUICES: HOW THEIR USE CAN BE EXPANDED. W. V. Cruess. (The Canner, Vol. 93, No. 7, pp. 15-16, July 19, 1941.) The author says that while the average Frenchman drinks 37 gallons of wine a year, two people each drinking an 8 ounce glass of fruit juice each morning would consume about 36 gallons of juice a year. He then points out the advantages in food and vitamin values in consuming the juice and tells how juices are prepared commercially.

Food and Nutrition

EFFECT OF NICOTINIC ACID AND THIAMIN CHLORIDE ON THE ADVERSE SYMPTOMS ENCOUNTERED IN OLD AGE. Matthew T. Moore and Jacob Lichstein. (Medical Record, Vol. 154, No. 3, pp. 100-105, August 6, 1941.) The title describes this article. The group tested had complicating diseases.

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

No. 494 October 29, 1941

TO HOME-ECONOMICS EXTENSION WORKERS:

Herewith are given references to certain books and home-economics literature that may be of interest to you. Before writing for further information about these references, please consult your librarian.

Sincerely,

Edith L. Allen

Edith L. Allen
Assistant Home Economist

Health — BODY ODOR. Joseph Jordan Eller. (Medical Record, Vol. 154, No. 5, September 3, 1941.) Sweat has no odor. The odor is caused by decomposition of the sweat, or by preformed odorous substances excreted by skin glands, not the sweat glands. Sweat may act on epidermal scales, dust, and the other substances to produce odor. To avoid irritation due to sweat and other substances, frequent change of underclothing and stockings, and baths are helpful measures. Caution should be exercised in using chemicals which inhibit perspiration.

Health — HOW MUCH EXERCISE DO WE NEED? Donald A. Laird. (Popular Science, Vol. 138, No. 5, pp. 59-61, May 1941.) With questions, answers, and amusing cartoons this article tells the effects of different kinds of exercise and how much is beneficial.

Health — DENTAL CARIES IN RURAL CHILDREN. Editor. (The Journal of the American Medical Association, Vol. 117, No. 7, pp. 536, August 16, 1941.) A discussion of studies on the production of vitamin D from solar radiation in various States in relation to the rates of dental caries among children residing in rural areas. It was found that children in the counties where the most sunshine prevailed and the mean temperature was higher had the lowest rates on caries.

Equipment

BETTER BUYMANSHIP, No. 28. Furniture. (Household Finance Corporation, 919 N. Michigan Ave., Chicago, Ill., 1941, pp. 40.) A revision of an earlier bulletin published under the same title.

Equipment

COLD-WEATHER COMFORT. (House & Garden, Vol. 80, No. 3, pp. 9-48, September 1941.) This issue is a handbook of suggestions for maintaining comfort in homes while conserving fuel for defense: such as, eliminate defects in the heating plant, improve insulation of the house, use fuel to greater advantage, make the house weather tight to keep insulating materials dry. There are also suggestions for storage places.

Equipment

GEORGIAN PERIOD. Part 1. (House & Garden, Vol. 80, No. 3, pp. 41-45, September 1941.) This is part one of a series of articles explaining details characteristic of furniture of certain periods.

Equipment

PROTOTYPES OF PRESENT DAY LAMPS. Part V. Eugene Clute. (Lighting and Lamps, Vol. 39, No. 5, pp. 42-43, May 1941.) Part V in this series of articles describes lamps of the Victorian era.

Equipment

RURAL ELECTRIFICATION. J. P. Schaenzer. (The Bruce Publishing Co., New York, 1940, pp. vii + 266.) This book is intended for use in class discussion and laboratory. It takes up wiring, lights and lighting, farm electric plants, motors, and many types of special equipment.

Equipment

THE WAY WE WASH OUR CLOTHES. Eleanor Ahern. (M. Barrows & Co., Inc., New York, 1941, 140 pp.) This book gives a history of the way clothes have been washed in the past and tells how washing is done today. It then takes up water, soaps, and other washing agencies, fibers and fabrics, stain removal, ironing and equipment. It is a textbook designed for secondary schools.

Equipment

MATERIALS AND METHODS OF DIFFUSION AND CONTROL OF FLUORESCENT LIGHTING. PART 1-GLASS. (Lighting and Lamps, Vol. 39, No. 5, pp. 20-21, 26, May 1941.) With illustrations this article explains various methods used in diffusing light produced by fluorescent lamps.

Equipment

BETTER BUYMANSHIP. No. 7, Kitchen Utensils. (Household Finance Corporation, 919 No. Michigan Avenue, Chicago, Ill., 1941, 36 pp.) Discusses the selection of kitchen utensils, including their shape, size, and the materials from which they are made, for cooking on top of the stove, in the oven, and for preparing food. Suggestions are also given for the care and storing of utensils.

Handicrafts — WHITTLING IS FUN. Amanda Watkins. (Recreation, Vol. 35, No. 6, pp. 385-386, September 1941.) Whittling is a social as well as a creative art. The pictures in children's animal books may help in outlining the animals. California pine and cedar are soft woods excellent for beginners.

Handicrafts — NEW SWEATERS. (The Spool Cotton Co., 350 Fifth Avenue, New York City, 1941, Book No. 171, 24 pp.) Instructions for knitting sweaters.

Handicrafts — CREATIVE CRAFTS AND RECREATION. Louis W. Kolakoski. (Recreation, Vol. 35, No. 6, pp. 369-371, 402, September 1941.) In handicrafts the worker must have ingenuity and use inexpensive or waste materials. In one locality he may find natural clay, corncobs, corn husks, honeysuckle vine, dried iris, linoleum samples, leather scraps, lumber scraps, rags, sawdust, stone, tin scraps, and many other materials. The author then tells how to use some of these.

Handicrafts — LEARN HOW BOOK. (The Spool Cotton Co., 350 Fifth Avenue, New York City, Book No. 170, 50 pp., 1940.) Instructions for crocheting, knitting, tatting, and embroidering.

Handicrafts — KNIT FOR DEFENSE. (The Spool Cotton Co., 350 Fifth Avenue, New York City, Book No. 172, 24 pp., 1941.) Directions for knitting sweaters, scarves, socks, gloves, and caps for men.

Handicrafts — ACCESSORIES - PUT THE SPICE IN ANY WARDROBE. Ruth Goodall. (Kansas Farmer, Vol. 73, No. 15, pp. 8-9, July 26, 1941.) Give suggestions for making bracelets, belts, necklaces, and other dress accessories to be made at home.

Handicrafts — RAISING A FLUTED BOWL. William E. Huss. (Industrial Arts and Vocational Education, Vol. 30, No. 8, pp. 332-334, October 1941.) Instructions with illustrations for making a metal bowl.

Handicrafts — WHITTLING - JACKKNIFE TECHNIQUE. W. Ben Hunt. (Industrial Arts and Vocational Education, Vol. 30, No. 8, pp. 350-353, October 1941.) Tells how to keep the knife sharp and hold the knife for whittling. Illustrated.

Food and Nutrition

EASY RECIPES USING CANNED FOODS FROM THE SERVICE KITCHEN. (Home Economics Division National Canners Association, Washington, D. C., 18 pp., 1941. paper.) A booklet containing recipes.

Food and Nutrition

MODERN METHODS OF CANNING AND PROCESSING. (Utah Farmer, Vol. 61, No. 1, July 15, 1941, p. 13.) Explains the steps in three methods of canning; open kettle, hot-pack method and the cold-pack method; how to operate a pressure cooker; and, a hot-water bath.

Food and Nutrition

FORTIFICATION OF FOODSTUFFS. G. Murray Luck. (Science, Vol. 94, No. 2428, pp. 31-33, July 11, 1941.) Gives arguments for and against enriching foods with vitamins and other nutritional factors. The author urges the general use of whole-wheat bread.

Food and Nutrition

FOOD BUYING AND OUR MARKETS. Day Monroe, Hazel Kyrk, and Ursula Batchelder Stone. (M. Barrows and Co., Inc., New York, 1941, pp. vi + 430.) A revised and enlarged edition which follows the same general plan as the old text.

Food and Nutrition

104 MILK-RICH MONEY-SAVING RECIPES. (The Great Atlantic & Pacific Tea Co., 19 West 44th St., New York, 22 pp., 1941.) A cookbook.

Food and Nutrition

AN ASSESSMENT OF THE NUTRITION OF A RURAL POPULATION IN TENNESSEE. John B. Youmans. (American Journal of Public Health, Vol. 31, No. 7, pp. 704-708, July 1941.) A report of a study made in a predominantly rural area in Middle Tennessee, containing 2,500 subjects. One finding was a deficiency in calories in the diet among a high percentage of these people; cases of protein deficiency were confined to adults; and, to older children, other deficiencies, such as iron, as well as lack of vitamins.

Food and Nutrition

WHAT CAN THE DENTAL HEALTH WORKER TEACH REGARDING NUTRITION AND DIET? William R. Davis. (American Journal of Public Health, Vol. 31, No. 7, pp. 715-719, July 1941.) Condemns not only much commercial advertising but most textbooks as containing false teaching in regard to teeth. States that trained dental workers have been too prone to make positive statements about care and building of teeth, which should have been qualified. It then tells some things that should be taught regarding diet, such as reduction of sugar and sometimes other carbohydrates in the diet in order to balance it.

United States Department of Agriculture
E X T E N S I O N S E R V I C E
Washington, D. C.

No. 495 November 5, 1941

TO HOME-ECONOMICS EXTENSION WORKERS:

Herewith are given references to certain books and home-economics literature that may be of interest to you. Before writing for further information about these references, please consult your librarian.

Sincerely,

Edith L. Allen

Edith L. Allen
Assistant Home Economist

Child Care — WHAT SHALL WE DO WITH THE CHILDREN? Mary Elizabeth Keister. (American Home, Vol. 26, No. 2, pp. 12-18, illus. July 1941.) A discussion of the problem of keeping busy and happy in summer, with suggestions of many things to do.

Child Care — THREE GENERATIONS UNDER OUR ROOF - AND WE LIKE IT. Lois Van Alstine Holler (American Home, Vol. 26, No. 2, p. 66, July 1941.) This article tells how grandparents assist in the training and adjustment of children in the family.

Child Care — TEN WAYS TO KEEP YOUR BABY COOL. Josephine H. Kenyon. (Good Housekeeping, Vol. 113, No. 2, pp. 61, 106, August 1941.) The suggestions are: Boil the water he drinks; see that his food is selected so he will not be upset; dress him lightly, but vary his clothing with the weather; keep him out of direct heat of the sun, and allow air to reach all parts of his body; keep his skin clean; give him his daily outing early before the extreme heat of the day; do not take him on motor trips, or into air-cooled places; and, be careful about his sun baths.

Child Care — CHILD CARE AND TRAINING. Marion L. Faegre and John E. Anderson. (The University of Minnesota Press, 1940, 320 pp.) Fifth edition, contents have been checked and brought up to date. Some new material has been added.

Housing — MOSQUITO-PROOFING FOR MALARIA CONTROL FROM THE STANDPOINT OF CONSTRUCTION COSTS. Calvin C. Kiker and H. E. Breedlove. (The American Journal of Hygiene, Vol. 34, No. 2, pp. 95-101, September 1941.) Report of a house mosquito-proofing project in the Tennessee Valley. It consisted of repairing old screen doors, screening porches and windows, screens for fireplaces, and sealing cracks in floors, walls, and ceilings.

Housing — REAL ESTATE PRINCIPLES AND PRACTICES. Philip A. Benson and Nelson L. North. (Prentice-Hall, Inc., New York, 1940, pp. XVI + 583, revised edition.) Parts explain contracts, deeds, bonds and mortgages, leases, and transfer of title. Appendices show forms of contracts of sale in various states and of various types and other important papers.

Housing — THE LAW OF PUBLIC HOUSING. William Ebenstein. (The University of Wisconsin Press, Madison, Wisconsin, 1940, pp. IX + 150.) A compilation of laws relating to housing throughout the United States. The chapter headings are: The elements of the housing problem; Government and housing; Public housing and the law; Federal; Public housing and the law; State; Foreign experiences and problems. The text of a number of housing acts are given.

Housing — HOW HOMES CAN BE PROTECTED FROM AIR ATTACK. A. M. Prentiss. Popular Science, Vol. 138, No. 5, pp. 77-80-218, May 1941.) Tells how citizens can best defend themselves and their homes against air attack. Illustrations show how shelters may be constructed and furnished.

Housing — MODERN DESIGN. Technical Bulletin No. 2. (United States Federal Housing Administration, Washington, D. C., March 1, 1941, 9 pp.) Discusses the characteristics of modern design in housing, the plan, interior and exterior design. It also touches on the subject of materials and methods of construction and property standards.

Housing — AN ANALYSIS OF FACTORS INFLUENCING BUILDING HEAT LOSSES. Paul D. Close. (Heating- Piping and Air Conditioning, Vol. 13, No. 9, pp. 599-604, September 1941.) The losses are due to transmission and infiltration. Wind velocity affects transmission of heat only to the extent that it affects the outside surface conductance. Infiltration losses are affected by back pressure built up in rooms and amount of window crack, exposure to wind, relation of temperature to wind velocity, solar radiation, and dampness.

Textiles and Clothing — CONSUMER PLAYLETS. Elizabeth E. Robins and Donna Dickinson McNai . (Forecast, Vol. 57, No. 6, pp. 20-22, June 1941.) Two playlets entitled, "Just a Slip" and "Her Graduation Dress." These plays deal with the selection of clothing.

Textiles and Clothing — HOW ABOUT MERCERIZED HOSIERY. Editorial. (Fibre and Fabric, Vol. 94, No. 2949, p. 5, August 9, 1941.) Says the cotton textile industry has the supervising equipment available for making mercerized cotton hosiery in the counts used by silk knitters; and that chemistry can make mercerized cotton look and feel like silk.

Textiles and Clothing — BLEACHING WOOL YARNS AND FABRIC: SOME PRACTICAL FEATURES OF THE PEROXIDE BLEACH. "Technologist." (Textile Colorist, Vol. 63, No. 750, pp. 365-366, June 1941.) States that usually it is not necessary to commence dyeing wool on a white ground, as the natural color of the wool permits the attainment of agood color. It then tells how to use a peroxide bleach and avoid stained and other effects of iron and copper impurities.

Textiles and Clothing — BACK TO SCHOOL IN COTTON HOSE. Caroline Boyer. (National Magazine of Home Economics Student Clubs, Vol. 6, No. 1, pp. 18-19, September 1941.) This article recommends cotton hose because they resist snags and so keep your appearance up to par, they save money and time and energy of darning, giving more time for other activities.

Textiles and Clothing — THE USE OF FIBERGLAS IN TEXTILES. Paul W. Booher and Edward Ames. (American Dyestuff Reporter, Vol. 30, No. 16, pp. 412-416.) Describes the many fabrics and other materials made from glass fibers and their uses and characteristics. Fiberglas is made up of hundreds of individual fibers twisted to make a fine yarn. Materials made from glass yarn do not absorb water, fade, or rot, conduct electricity, or burn.

Textiles and Clothing — BETTER BUYMANSHIP: NO 8 FURS. (Household Finance, 919 N. Michigan Avenue, Chicago, Ill., 1941, revised, 36 pp.) Answers such questions as what kind of furs to buy; where to get them; what factors determine quality; and how fur garments are made. A table or chart lists each fur, its characteristics, use, price range, and serviceability.

Textiles and Clothing — A STUDY OF HISTORIC COSTUME THROUGH PAINTINGS. Ruth Bumpas. (Journal of Home Economics, Vol. 33, No. 7, pp. 460-466, September 1941.) A directory of sources of prints (that is, reproductions of suitable paintings), showing historic costume with titles of the pictures and some instruction for obtaining them.

Food and Nutrition

RECOMMENDED DAILY DIETARY ALLOWANCES. Committee on Food and Nutrition National Research Council. (Journal of Home Economics, Vol. 33, No. 7, pp. 476-479, September 1941.) Contains the table of recommended daily allowances for specific nutrients set up as a goal, with a brief explanation.

Food and Nutrition

COMMERCIAL APPLICATION OF RESEARCH IN THE CANNING INDUSTRY. S. Henry Ayers. (The Canner, No. 11, Vol. 93, Serial No. 2429, August 16, 1941.) Discusses prospects of the development of new methods in processing food in order to leave food more nearly in its fresh state.

Food and Nutrition

A STUDY OF HAM SOURING. L. B. Jensen and W. R. Hess. (Food Research, Vol. 6, No. 3, May-June 1941, pp. 273-326.) General sanitation and rapid chilling of carcasses following slaughter are essential in preventing souring of hams. Sterile sticking operations, proper bleeding, adequate refrigeration of carcass and, later, of the ham, sawing to keep sealed - shank marrows, prompt handling, bacteriologically controlled pickle, and clean surroundings help prevent souring.

Food and Nutrition

AN INVESTIGATION OF COMMERCIAL SAUERKRAUT PRODUCTION. D. Frank Holtman. (Food Research, Vol. 6, No. 3, pp. 225-231, May-June 1941.) A report in which it was found that a relatively stable temperature of 65° F. permitted normal bacterial growth which produced a product of good quality. In rapid fermentation there was apt to be a loss in flavor and aroma. Immature cabbage may lack sufficient sugar to produce a good fermentation. Too cool a temperature also is undesirable.

Food and Nutrition

EFFECT OF METAL SKEWERS ON COOKING TIME AND TENDERNESS OF BEEF. Sylvia Cover. (Food Research, Vol. 6, No. 3, pp. 233-238, May-June 1941.) Paired tests were made of cooking right and left sides of the same carcass at the same oven temperature - one with skewers and the other without. The result showed that skewers decreased the cooking time and cooking losses, but increased toughness. Long, slow cooking of meat seems to change collagen to gelatin and may be responsible for increased tenderness.

Food and Nutrition

LOSS OF VITAMIN C DURING COOKING OF RHUBARB. E. Josephine Brown, Hulda Schuele, and Faith Fenton. (Food Research, Vol. 6, No. 3, May-June 1941, pp. 217-224.) A review of research on loss of vitamin C during cooking of rhubarb and report of more recent work, when freshly cooked rhubarb is one of the good protectors against scurvy. It advises leaving the skin on when preparing. Addition of sugar does not affect its vitamin C retention. Covering the cooking utensil aided in the retention of vitamin C.

Reserve

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

No. 496 November 12, 1941.

TO HOME-ECONOMICS EXTENSION WORKERS:

Herewith are given references to certain books and home-economics literature that may be of interest to you. Before writing for further information about these references, please consult your librarian.

Sincerely,

Edith L. Allen

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Assistant Home Economist

Handicrafts — THE STORY OF OLD DOLLS AND HOW TO MAKE NEW ONES. Winifred H. Mills and Louise M. Dunn. (Doubleday, Doran & Co., New York, 1940, pp. xviii + 234, illus.) The first part of the book is a history of dolls; the last part gives instructions for making dolls from cloth, paper, wire, wood, corn husk, and many other materials.

Handicrafts — WOOD TURNING IN THE HOME WORKSHOP. (Western Pine Association, Portland, Oreg., 23 pp., illus., (n.d.)). Gives directions for wood turning in the making of table legs, napkin rings, and other articles.

Handicrafts — PLAN BOOK FOR THE BOY BUILDER. Western Pine Association, Portland, Oreg. (Western Pine Association, Portland, Oreg., 16 pp., illus., (n.d.)). Tells how to make a sandpaper stick, bread board, clock shelf, coat hanger, weather vane, bird house, stool, bookstand, bookcase, dog house, boat, and sailboat.

Handicraft — PUPPET HEADS OF PAPIER-MACHE. Thelma E. Powers. (School Arts, Vol. 41, No. 1, pp. 12-14, September 1941.) Tells how to make the papier-mache from 1 cup of kalsomine, 1 cup of fine fire clay or modeling-clay powder, 2 cups water, and a roll of toilet tissue. This composition results in a fine-grained mache which should stand 1 or 2 days before using. Other articles on puppetry appear in this same issue of the magazine cited.

Handicraft — HANDMADE JEWELRY. William T. Baxter. (Industrial Arts and Vocational Education, Vol. 30, No. 8, pp. 316-319, October 1941.) Essential tools are listed, instructions for soldering given, and steps for making a ring and other pieces of jewelry.

Social

AN INTRODUCTION TO THE SOCIAL SCIENCES. Robert E. Riegel and others. (D. Appleton-Century Co., Inc., New York, 1941, pp. xxv+581.) A college textbook discussing social institutions and social change, business organization, prices and finances, and the consumer and labor. Man as a social animal is influenced not only by the persons he contacts but also by the books and papers he reads, the radio and movie programs he sees and listens to. Unless he has human contacts, man remains on a level but little removed from the higher anthropoids. Continuous contacts are essential to the development of human nature. It also points out the fact that consumers have lost much of their former knowledge of goods since production in the home has declined. In fact, modern city dwellers who are several generations removed from the time when families made butter and cloth know pitifully little about what they are buying. They are often "just plain 'suckers'" and tempting "meat for enterprising salesmen." The advantages and disadvantages of packaged goods are also pointed out.

Social

NATIONAL DEFENSE AND THE FAMILY. Samuel Haig Jameson. (Sociology and Social Research, Vol. 26, No. 1, pp. 3-9, September-October 1941.) Discusses services the nation renders the family and how the family reciprocates. An enfeebled nation cannot protect its families, nor can an unfertile family foster national defense while warring families accentuate the troubles of the nation.

Social

TIME OUT FOR LIVING. E. DeAlton Partridge and Catherine Mooney. (American Book Co., New York City, 1941, pp. x+662.) A book of suggestions for recreation and realization which include hiking, star gazing, collecting, handicrafts, producing movies and shows at home, music, entertaining at home, and merely resting.

Social

RACE PROBLEMS IN AMERICA. Ruth Benedict. (The Annals of The American Academy of Political and Social Science, Vol. 216, pp. 73-78, July 1941.) Discusses many angles of the race problem and says that the nutrition program now being launched in the United States can be of social importance by enlisting all groups to participate in one common goal - better nutrition for all.

Social

SELECTIVE ASPECTS OF RURAL MIGRATIONS. Noel P. Gist, C. T. Pihlblad and Cecil L. Gregory. (Rural Sociology, Vol. 6, No. 1, pp. 3-15, March 1941.) A report of a study designed to test the hypothesis that the city is taking the more intelligent persons from the country. The results indicate that in so far as scholastic achievement is a measure, the cities are profiting by the migrations there from the country.

Child Care

A BIBLIOGRAPHY OF BOOKS FOR YOUNG CHILDREN. (Association for Childhood Education, 1201 Sixteenth Street, NW., Washington, D. C., 71 pp., 1939.) The title describes this booklet.

Child Care

THE ONLY CHILD IN THE FAMILY. William Paul Carter. (The University of Chicago Libraries, Chicago, Ill., 1940, 263 pp., paper.) Report of a study of college students in which it was found that the majority of only children are treated by their parents in much the same manner as the oldest, youngest, and middle children. Most of these only children enjoy as normal a home environment and are as adjusted in their personal life and social relations as are children with brothers and sisters. This report may not be true of children from other types of families, so the author recommends further study of this subject.

Child Care

WORRY ABOUT CHILDREN. Gladys Denny Shultz. (Ladies Home Journal, Vol. 58, No. 10, October 1941, pp. 58, 60.) The author says much of a mother's worry about her child is misspent energy. It lists many doubts, but says there is danger when a child is too good or too quiet, when he is unable to walk after the age of 2, or to talk after the age of 3, when he has a fever and refuses food, when a usually reasonable child begins to fly into rages or suffers marked personality changes, when certain baby traits persist after the age of 5, when the child is very jealous, habitually lies, and steals, is cruel toward animals and other children.

Child Care

WE CAN LEARN ABOUT CHILDREN FROM THEM. Florence Hawley. (Parents' Magazine, Vol. 16, No. 7, pp. 26-27, July 1941.) An analysis of the factors which make Pueblo children secure and calm - characteristics which many white children lack. Among the conclusions are that the child is accepted and cared for and loved by the entire family group, that it follows no set schedule, and lives a natural life.

Child Care

WE BEGIN TO TALK. Louise P. Woodcock. (National Parent-Teacher, Vol. 36, No. 2, pp. 17-22, October 1941.) The child between 13 months and 30 months who begins to use single words and then simple groupings of two or three words is making a good start. The child of 3 years who does not talk at all should be studied by a specialist. This author urges that those around the child put their best words forward for the child to imitate and that they make their language meaningful to the child.

Child Care

IN DEFENSE OF GRANDPARENTS. Helen Southwick. (Parents' Magazine, Vol. 16, No. 9, September 1941, pp. 21, 57, 59.) A discussion of the problems of being a grandparent in relation to the care of children. It says that grandparents have much wisdom to pass on to children and that they are adamant on important issues, though they pass over trifling ones because they have seen fads in child rearing come and go. They are inclined to be serious in handling the child.

Food and Nutrition

THE STORY OF THE CANNING INDUSTRY. (The National Canners Association, Washington, D. C., revised December 1940, 16 pp., paper.) A circular which in addition to the story of the canning industry contains several bibliographies, one of which lists publications on marketing and distribution of foods, and another lists books on the nutritive value and health aspects of foods.

Food and Nutrition

INDUSTRY TESTIMONY ON SPECIAL BREADS AT VARIANCE WITH PROPOSED STANDARDS. Reported by L. L. Robinson. (Bakers' Weekly, Vol. 3, No. 6, pp. 28, 29, 42, August 9, 1941.) A table shows the comparative standards for each of eight kinds of bread. It gives the consumer an idea of the composition of the bread resulting from each standard. The text explains the difference in the standards.

Food and Nutrition

ENTERTAINING FROM 4 to 25 GUESTS. (Home Economics Division, National Canners' Association, Washington, D. C., 24 pp., 1941.) A booklet containing recipes.

Food and Nutrition

WE CAN FEED OURSELVES IF -- (Condensed from Nation's Business.) A. B. Genung. (Science Digest, Vol. 10, No. 4, pp. 43-47, October 1941.) This article presents the present food situation in the United States with allusions to situations in other countries. It says that in the German population which is rationed at various levels - soldiers; workers doing heavy work; farmers; children; and expectant mothers fare as well as they did in peace times. Thus office workers and those doing light physical labor are bearing the brunt of war-time restrictions of rations. In a similar way, he presents the situation in other countries. For the United States, there seems to be an ample supply, but Britain has to be fed out of sugar grown on this side of the Atlantic. Many canned vegetables also have to be shipped to Britain. She will want a 50-percent increase in packed tomatoes and a substantial increase in peas, beets, sweet corn, beans, and the like. Figures are given to show the need for increased production of eggs and certain other foods.

Food and Nutrition

AMERICAN BAKERS ASSOCIATION FILES EXCEPTIONS TO PROPOSED DIETARY FOOD STANDARDS. (American Bakers Association, Bakers Weekly, Vol. 3, No. 5, pp. 29-30, August 2, 1941.) These exceptions deal with statements on labels of foods for special dietary uses, and statements pertaining to other foods subject to other regulations. The term "special dietary used" in the Act is not clearly defined, since all foods have special dietary uses.

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

No. 497. November 19, 1941

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Sincerely,

Edith L. Allen

Edith L. Allen
Assistant Home Economist

Housing — BLUE PRINT READING AND SKETCHING. Horace Richmond Thayer. (McGraw-Hill Book Co., Inc., 1941, New York, 141 pp.) Explains how to read a blueprint for landscapting or home and other building. It is intended as a textbook.

Housing — MOBILE HOMES: A STUDY OF TRAILER LIFE. Donald Olen Cowgill. (American Council on Public Affairs, Washington, D. C., 127 pp., 1941.) Report of a study of trailer life to determine the effect on family stability and personality of the individual. The median income of the families studied was $160.87 a month, but the monthly income ranged from below $50 to $3,000. Middle-aged professional people constituted the largest group. The findings were that the trailer will not replace stable housing, does not destroy personality integration. These people are a stable, happy, dependable group. There is no evidence of social disruption due to trailers. Mobility should be used with caution as a reason for family disruption.

Housing — ROOF LINES AND DORMERS CAN MAKE OR MAR THE APPEARANCE OF YOUR HOME. (House & Garden, Vol. 80, No. 4, pp. 44, 45, illus., October 1941.) Discussion of the arrangement of dormers and construction of cornices on small houses.

Equipment — TAKE A LOOK AT THE NEW RANGES. Lou Richardson. (Country Gentleman, Vol. 161, No. 9, pp. 62-63, September 1941.) A discussion of the new models of electric, gas, and oil stoves now on the market.

Equipment — AGRICULTURAL ENGINEERING IN NATIONAL DEFENSE. S. P. Lyle. (Agricultural Engineering, Vol. 22, No. 8, pp. 227, 280, August 1941.) The principle topics considered are: Production of more food on farms for farm consumption aids distribution; success of food-for-defense program dependent on labor-saving equipment; national defense housing program includes rural housing as an important item; amounts of materials required on farms for defense activities are discussed and the Government agencies dealing with agricultural programs, policies, and labor problems mentioned. Regarding housing, the author points out the advantages of investment of increased farm income in better farmhouses and other buildings to make the farm home better.

Equipment — EFFECTIVE TEMPERATURE SCALE. (The Journal of the American Medical Association. Vol. 116, No. 6, pp. 474-477, February 1941.) This article explains the meaning of the effective temperature scale which is a measure of human comfort in whatever environmental temperature one happens to be placed. It also shows a chart for determining this temperature. It is the effective temperature which results in comfort or discomfort rather than the thermal temperature alone.

Equipment — PLAN NOW FOR NEXT WINTER'S HEAT. (Parents Magazine, Vol. 16, No. 8, pp. 46-47, August 1941.) Illustrations and brief descriptions of many types of home-heating clinics.

Equipment — THE INSTALLATION AND USE OF ATTIC FANS. W. H. Badgett. (Bulletin of the Agricultural and Mechanical College of Texas, 4th series, Vol. 11, No. 7, 46 pp., illus., July 1, 1940.) Discusses how attic fans work, how much they cost, sizes needed, and methods of installation. Diagrams show where they are installed and the circulation of air which they procure.

Equipment — WOOD-BURNING SPACE HEATERS. E. L. Heermance, D. E. Howes, P. Nicholls, C. P. Winslow, H. D. Watson, L. E. Seeley, F. W. Keator. (Mechanical Engineering, Vol. 63, No. 10, pp. 742, 743, 744, October 1941.) A discussion of an improved heater burning wood for fuel for houses. The idea is to develop a heater utilizing the fuel to better advantage. It reports progress made and conditions still to be improved.

Management — GOVERNMENT PRICE FIXING TO AFFECT BUYING POLICIES. (Women's Wear Daily, Vol. 62, No. 98, pp. 1, 24, May 19, 1941.) A discussion of how Government price fixing will affect buying policies. Belief was expressed that forward buying and speculative buying would both be curbed, but orders already written are not expected to be affected by the move, as regards cotton goods.

Management — WISE MOVE. Margaret Jane Suydam and Margaret E. Broadley. (Woman's Home Companion, Vol. 48, No. 10, pp. 128, October 1941.) Gives instructions on packing and managing the moving of household goods by truck.

Management — AMERICA IN A WORLD AT WAR. Clifton M. Utley. (Journal of Home Economics, Vol. 33, No. 8, pp. 521-528, October 1941.) This article stresses the importance of women aiding in defense through their purchasing programs. That is, they should spend for food to make strong, healthy people instead of for luxury items which are made from material needed in defense. It also explains the general war situation and causes back of it.

Management — GENERAL METHODS OF HOUSEKEEPING. (S. C. Johnson & Son, Inc., Racine, Wis., Chapter 2, 41 pp., 1941.) Gives instructions for waxing floors, furniture, and woodwork; contains considerable advertising. Does not tell how to use other wood finishes.

Management — AMERICA'S MOST IMPORTANT PURCHASE -- FOOD. Clifford Parcher. (American Cookery, Vol. 46, No. 2, pp. 112-116, August-September 1941.) Describes a family's problem of purchasing food for 2 weeks for about $16 a week.

Management — HOW TO HAVE $ FOR - - - . Ann Robbins. (Better Homes and Gardens, Vol. 19, No. 9, pp. 140-141, and 164-165, May 1941.) Explains the value of keeping a budget.

Management — THE CONSUMER MOVEMENT: WHAT IT IS AND WHAT IT MEANS. Helen Sorenson. (Harper & Bros., N.Y., 1941, pp. xiii + 245.) Some chapter headings are: Beginnings of the consumer movement, General organizations adopt consumer objectives, consumer groups organize and grow, Business uses and abuses the consumer movement, and Business and consumers meet halfway. A directory of selected consumer organizations is included. This book was prepared for the Institute for Consumer Education held at Stephens College, Mo.

Food and Nutrition — ADVANCES IN VITAMIN NUTRITION. (Flour & Feed, Vol. 42, No. 4, pp. 5-6, 26-27, September 1941.) Discusses the vitamin needs of various animals and what differences there are. It discusses the little that is known of the vitamin D requirements for production of milk and for reproduction.

Food and Nutrition — PLANTS AMERICA GAVE THE WORLD. Edgar R. Burkland. (Agriculture in the Americas, Vol. 1, No. 8, pp. 16, September 1941.) Tells of the various fruits, grains, and vegetables contributed to our diet by the Americas.

Food and Nutrition — WHAT A FOOD PACKER NEEDS TO KNOW ABOUT CIDER VINEGAR. A. G. Woodman. (The Canner, Vol. 93, No. 12, pp. 13-14, August 23, 1941.) Defines cider and forms of adulteration and says it contains acetic, malic, and lactic acids, traces of alcohol, aldehydes, furfural, and other substances.

Food and Nutrition — DIETARY ADVANTAGES OF ENRICHED BREAD. James A. Tobey. (What's New in Home Economics, Vol. 6, No. 1, pp. 40-41, September 1941.) Another discussion of dietary needs brought out by the National Nutrition Conference held in May 1941 and some of the ways to meet these needs, including the enrichment of bread.

Food and Nutrition — VITAMINS ARE VITAL IN VEGETABLES. Katharine Zook. (What's New in Home Economics, Vol. 6, No. 1, pp. 25, 108, 109-114, 116, September 1941.) A summary of scientific principles governing the cooking of vegetables. It also tells how to select and care for them and says that no new cooking methods are needed for quick-frozen vegetables except that the time of cooking is shortened.

Food and Nutrition — INCREASE PROFITS WITH WHIPPED CREAM SPECIALTIES. (Bakers Review, Vol. 83, No. 3, pp. 19-20, September 1941.) This item says that bakers in increasing numbers are using homogenizing machines to make "whipped-cream" filling for their products. These fillings are being compounded from milk and fat or of water with butter and dry skim milk solids. Homogenized products are chosen because they result in a uniform product from day to day, and a saving in cost is effected.

Food and Nutrition — WHAT IS ADEQUATE NUTRITION? Beulah B. Westerman. (The American Journal of Nursing, Vol. 41, No. 9, pp. 1014-1019, September 1941.) A discussion of the program presented at the National Nutrition Conference for Defense held in May. It stresses the importance of milk, eggs, lean meats, fish, and poultry, certain vegetables and fruits, dried beans and peanuts, bread, cereal, and other foods in the diet.

Reserve

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

No. 498

November 26, 1941

TO HOME-ECONIMICS EXTENSION WORKERS:

Herewith are given references to certain books and home-economics literature that may be of interest to you. Before writing for further information about these references, please consult your librarian.

Sincerely,

Edith L. Allen

Edith L Allen
Assistant Home Economist

General — A FIRST BOOK IN HOME ECONOMICS. Mata Roman Friend, and Hazel Shultz. (D. Appleton-Century Co. Inc., N. Y., rev. 1941, pp. vii + 696, illus.) A text for junior high-school course in home economics. The authors say in the present book the girl is recognized as an individual.

General — KEEPING ART COURSES UP TO DATE. Mary Polson Charlton. (Journal of Home Economics, No. 7, Vol. 33, pp. 454--59, September 1941.) Discusses the content desirable in art courses for the home economics student. Students should have a wide experience in seeing many beautiful things. Consideration should be given to artistic standards possible for the very poor. Our aim should be to help people get any beauty into their homes.

General — THE NEW HOME ECONOMICS OMNIBUS. Florence LaGanke Harris and Hazel H. Huston. (Little, Brown & Co., Boston, 1941, xv+666.) A revision of the book, The Home Economics Omnibus, published in 1935. It includes a new section on vitamin facts and the well-spent dollar; also new recipes, charts, tables, and illustrations.

General — TRUTH OF THE MATTER: HOW DOMESTIC SCIENCE GOT ITS START. T. Swann Harding. (Medical Record, Vol. 154, No. 8, pp. 20-23, October 1941.) A history of the beginning of home economics or domestic science beginning about 1862 when Commissioner Newton headed agricultural work in the old Patent Office.

Textiles and Clothing

FACTORS AFFECTING MILDEW BEHAVIOR ON TEXTILES. B. A. Harold. (Dyestuff Reporter, Vol. 30, No. 11, pp. 274-276, 292-293, May 26, 1941.) Tells how to treat cloth to prevent mildew, particularly during the process of manufacture. Instructions are given for mothproofing.

Textiles and Clothing

COTTON. IN THE STOCKING LIMELIGHT. Elma I. Edwards. (What's New in Home Economics, Vol. 6, No. 2, pp. 32-36, 64, 66-67, illus., October 1941.) The author assures the reader that cotton hose can be made to fit with glovelike smoothness and not be fuzzy. She then discusses the work of the Bureau of Home Economics in developing many designs for cotton hose. One of the types described is the all-white hose for nurses on duty.

Textiles and Clothing

TRADE PRACTICE RULES FOR THE HOSIERY INDUSTRY. (To be continued.) (Rayon Textile Monthly, Vol. 22, No. 6, pp. 39 (341) - 42 (344), June 1941.) Rules for the hosiery industry which became effective May 15, 1941. Various definitions are given. The rules discussed in this issue cover cotton and silk.

Textiles and Clothing

TEXTILE FIBER ATLAS. Werner Von Bergen and Walter Krauss. Part 13 - Wood Fiber Damage. (Rayon Textile Monthly, Vol. 22, No. 6, pp. 47 (347) - 52 (352). June 1941.) The thirteenth part of a series of definitions. This number deals with wool fiber damage.

Textiles and Clothing

SYNTHETIC FIBERS. The growth of Rayon and the Rapid Rise of New Synthetics. Courtesy of Spring Issue of "The Index" of New York Trust Co. (Continued from May issue, page 44.) (Rayon Textile Monthly, Vol. 22, No. 6, pp. 43 (345) - 44 (346), June 1941.) Reports the amounts of synthetic fabrics produced in various countries of the world and the growth of this industry. It says that the demand for rayon in the United States has come from the lower and middle income groups, and that rayon thus far has created to a great extent its own market. The development of rayon staple fibers and the appearance of new synthetics are also developing new markets.

Textiles and Clothing

TEXTILE FIBER ATLAS. Werner Von Bergen and Walter Krauss. Part 12- Official U. S. Standards for Grades of Wool Top. (Rayon Textile Monthly, Vol. 22, No. 5, pp. 51 (285) - 55 (289), illus., May 1941.) Discusses United States official standards for grades of wool top. Top is one of the sorts of wool into which a fleece is divided. The measurements for various standards are given, and the method of making the tests is explained.

Child Care

BACK OF ADOLESCENCE LIES EARLY CHILDHOOD. Margaret Mead. (Childhood Education, Vol. 18, No. 2, pp. 58-61, October 1941.) In this article the author tells how some adolescent behavior patterns are set in early childhood and grow out of the environment into which the child is born. She makes comparisons with the behavior patterns brought about by Balinese and Samoan cultures.

Child Care

SHALL WE TRAIN 'EM OR JUST LET 'EM GROW? Gladys Denny Shultz. (Better Homes & Gardens, Vol. 20, No. 1, pp. 66-69, September 1941.) This is a true story of the famous experimental twins, Johnny and Jimmie. The more things a child can do the happier he is and the more he gets out of life. Therefore, he should be taught at home to do many things by his parents, brothers and sisters, and others in the family. There is also a best time for learning each skill.

Child Care

"HAVE YOU MET ALLEGRA?" IT WON'T COST YOU A PENNY! (The American Home, Vol. 26, No. 4, pp. 30, 31, September 1941.) A discussion of the fad some people adopt of changing their given names to fancy ones. The author tells parents not to be alarmed as this fad will wear off and anyway, it does not cost them a penny.

Child Care

HOW TO GET ALONG WITH CHILDREN. Mary Brinker Post. (Women's Day, pp. 28, 29, 63-65, November 1941.) An article for those people who are disliked by children, which explains the reason for this state of affairs.

Child Care

MUST BABIES CRY? Elizabeth B. Hurlock. (Parents' Magazine, Vol. 16, No. 10, pp. 18, 19, 96, October 1941.) This article contradicts the common opinion that babies should cry to exercise their lungs. Crying is an infant's way of making its wants known. If his elders learn to interpret his signals he will not grow into a crybaby. He can exercise his vocal cords and lungs by laughing, babbling, and singing.

Child Care

GIVE THE FAT CHILD A CHANCE. Beatrice Black. (Parents' Magazine, Vol. 16, No. 10, pp. 34, 93, 94, 95, October 1941.) The causes of fatness in children and its effects on their personalities are discussed. Unhappy children often turn to food and sedentary occupations, like looking at or listening to movies, "funnies," and radio, for solace. These do not rectify fatness and so the child becomes more and more withdrawn and fat.

Child Care

WATCH THEIR HOME WORK. Grace Archbold. (Wisconsin Agriculturist and Farmer, Vol. 68, No. 20, pp. 15, October 4, 1941.) A brief item pointing out how children need some supervision in their school home work in order to learn how to handle it better.

Food and Nutrition

GLAMOROUS MEALS FOR PRACTICAL POCKETBOOKS. (The Great Atlantic and Pacific Tea Co., 19 West 44th St., New York, 1941, 44 pp.) A cookbook.

Food and Nutrition

SPARKLE. (The Great Atlantic and Pacific Tea Co., 19 West 44th St., New York, 1941.) A cookbook.

Food and Nutrition

ARE YOU REALLY GETTING YOUR MINERALS? Donald G. Cooley, (Better Homes & Gardens, Vol. 20, No. 1, pp. 44-46, 90-94, September 1941.) A discussion of the foodstuffs furnishing minerals in goodly quantities. Illustrations show the relative amounts each of calcium, phosphorus, and iron in the various foods discussed.

Food and Nutrition

NUTRITION AND HUMAN WELFARE. John Boyd Orr. (Nutrition Abstracts & Reviews, Vol. 11, No. 1, pp. 3-11, July 1941.) Ten years ago an article appeared in this journal under the title, "Nutrition and Human Welfare." The present one discusses the knowledge which has accumulated since that time and considers what contribution the science of nutrition can make toward the building up of a better world order and in post-war reconstruction. Study, however, must be given to the difficult question of heredity in relation to poor physique and ill health as well as nutrition. We must also learn to what extent such heritages are due to inadequate food and all other factors that make for frustration. It is predicted that a great expansion of world agriculture will be needed to supply all people with sufficient protective foods.

Food and Nutrition

THE BOOM IN DRIED FOOD. (Condensed from Business Week, August 23, 1941.) (Science Digest, Vol. 10, No. 5, November 1941.) Tells of the increasing use of dried vegetables since a manufacturing company hit upon the idea of packaging dehydrated vegetables and seasoning with their noodles as a quick means of making soup. It says the biggest selling dehydrated vegetables are, in this order, potatoes, tomatoes, onions, and cabbage. It is predicted that except in soup mixtures, dehydrated vegetables will not be widely accepted by consumers.

Food and Nutrition

"NUTRITION IS NOT A 9-LETTER WORD WITH MEN IN WHITE RAMPANT UPON A FIELD OF VITAMINS..." (The American Home, Vol. 24, No. 4, pp. 12, 15, September 1941.) Points out the fact that the Government has finally found the importance of feeding adults as well as children. What individuals can do about nutrition is to look out for their own.

Food and Nutrition

PLAN YOUR FOOD BUDGET FOR HEALTH DEFENSE. (The American Home, Vol. 24, No. 4, pp. 110-112, September 1941.) Since food cost is one of a family's largest bills, this article advises that menus and marketing should be carefully planned to yield the greatest returns in health.

1.913
H4H75

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

No. 499.

December 3, 1941

TO HOME-ECONOMICS EXTENSION WORKERS:

Herewith are given references to certain books and home-economics literature that may be of interest to you. Before writing for further information about these references, please consult your librarian.

Sincerely,

Edith L Allen

Edith L. Allen
Assistant Home Economist

Personal — TODAY'S ETIQUETTE. Lillian (Eichler) Watson. (Doubleday, Doran & Co., Inc., New York, 1940, 256 pp.) A revised edition of the book entitled, "The New Book of Etiquette." Some chapter headings are: The little courtesies of daily life; Calling customs; Courtship and betrothal; Showers: and gifts for all occasions; At the table; Correct dress; Bridge parties; Etiquette for children.

Personal — A STUDY OF THE LEADERSHIP PROCESS. Albert J. Murphy. (American Sociological Review, Vol. 6, No. 5, October 1941, pp. 674-687.) A report of a study of leadership with lists of approvals and disapprovals which are given as descriptions of situational demands of leadership. It is hoped this material will be a starting point in personality education.

Personal — A JOINT COURSE ON MARRIAGE AND FAMILY RELATIONSHIPS. J. Stewart Burgess. (Author. Philadelphia, Pa., pp. 90, 1939, mimeographed.) A description of an experiment at Temple University. Explains the organization of the course, the topics in which the students were most interested. The conclusions were that there are advantages in having persons from different lines of work teach this course, instead of one individual, and group discussion, and that there is great need for more personal guidance for college students.

Personal — WHY PEOPLE ACT THAT WAY. (Science Digest, Vol. 10, No. 5, pp. 5-7, November 1941.) A discussion of papers presented at the 1941 Convention of the American Psychological Association. These dealt with such subjects as tempers; intellectual powers of man; where superior children originate; and fear, and learning habits.

Textiles and Clothing — BEAUTY AND DURABILITY AND THE USES OF KNITTED FABRICS ARE DETERMINED BY YARN PLUS CONSTRUCTION. (Women's Wear Daily, Vol. 63, No. 61, pp. 44, September 25, 1941.) Defines the different types of knitting used in making garments.

Textiles and Clothing — RUNNING RAYON AND COTTON YARNS ON FULL-FASHIONED MACHINES. Erskine Root. (Cotton, Vol. 105, No. 9, pp. 122-124, September 1941.) This author tells how cotton can be knit on fine gauge knitting machines and that very attractive cotton hose have already been made.

Textiles and Clothing — AMERICAN DRESS DESIGN FOR AMERICAN WOMEN BY AMERICAN WOMEN. Mary Brooks Picken. (Journal of Home Economics, Vol. 33, No. 8, pp. 544-549, October 1941.) Discusses American designers, adopters, and copyists of clothing. Tells of the things a girl must do to become a good designer if she has talent.

Textiles and Clothing — INTERESTING SOURCES OF NATURAL DYESTUFFS. C. D. Mell. (Textile Colorist, Vol. 63, No. 751, pp. 393-396-421, July 1941.) Tells of the dyestuffs made from the generic group of plants known as Sapindus. These plants, which are widely distributed in tropical and subtropical parts of the world, are used as soaps.

Textiles and Clothing — STAPLE RAYON EXPANDS IN CARPET TRADE. J. A. Truitt. (Rayon, Vol. No. 8, pp. 39 (457) - 40 (458), August 1941.) Tells of the beginning of use of rayon in rugs and the problems met in making them satisfactory. Rayon rugs were advertised first on a Nation-wide scale in 1940. One of the problems is to treat the fiber so that it will resist soil and crushing. It is expected that more carpets will be made of rayon because of the difficulties in getting carpet wool from abroad.

Textiles and Clothing — STANDARDS FOR APPEARANCE OF COTTON YARN. Malcolm E. Campbell. (Textile Bulletin, Vol. 61, No. 1, pp. 1-2, 36-37, September 1, 1941.) A discussion of evenness, smoothness, and freedom from foreign matter of yarn; factors influencing yarn appearance; and the need for and development of standards. An illustration shows cotton yarn appearance standards.

Textiles and Clothing — MICROSCOPIC STRUCTURE OF THE WOOL FIBER. Charles W. Hock, Robert C. Ramsay, and Milton Harris. (American Dyestuff Reporter, Vol. 30, No. 18, pp. 449-456-469-470, September 1, 1941.) Report of an investigation to determine fine details of the structure of wool fibers. A comparison was made of the root and shaft of the fiber.

Health

NATIONAL EMERGENCY: HOME FIRE SAFETY. (What's New in Home Economics, Vol. 6, No. 2, pp. 40, 41, 95, October 1941.) Discusses the opportunity of home economists in broadening their field of teaching to include safety in the home where fire is one of the great hazards. There have been approximately 400,000 fires annually in homes, the great majority of which might have been prevented. In fact 28.5 percent come from strictly preventable causes; 24.6 percent are partly preventable; 46.9 percent developed from unknown causes, some of which may have been preventable.

Health

OBSTETRIC CARE IN RURAL AREAS. J. H. Mason Know, Jr., Chas. H. Peckham, Myron E. Wegman. (The Child, U. S. Department of Labor Children's Bureau, Washington, D. C., pp. 59-65, September 1941.) This study was made to learn of existing conditions, and shows that there are great shortcomings in the care of rural women in childbearing. If adequate care could be provided, morbidity and mortality rates for both mothers and newborn infants would be lowered.

Health

MEDICAL EVALUATION OF NUTRITIONAL STATUS. William M. Schmidt. (American Journal of Public Health and The Nation's Health, Vol. 31, No. 10, pp. 1068-1072, October 1941.) A preliminary report of a study in which roentgenograms of hands, elbows, and hips were used in a study of nutritional status. The study is still in progress.

Health

THE MEASUREMENT OF THE RELATION BETWEEN ECONOMIC CONDITIONS AND MALNUTRITION. John Inman. (The Sociological Review, Vol. 32, Nos. 3 and 4, pp. 242-250, July-October 1940.) Suggests a procedure to be used in obtaining more reliable information on the relation between economic conditions and malnutrition. It says that malnutrition is largely associated with unemployment, of persons who under normal circumstances live with rather high standards. Because people do not make an accurate estimate of their food needs, they spend more than would otherwise be necessary, in order to get all food essentials. The distribution of income for all items in the budget also has to be considered.

Health

LIFE SPAN GROWS LONGER. (Science Digest, Vol. 10, No. 5, pp. 71-72, November 1941.) Has reference to the problems concerned with a population with an increasing longevity of its members. Longevity without health is a tragedy, but, if we are properly guided, long life can be a national asset. We may be reaching a period of intellectual conquest when man will live long enough to have time to think, but the elderly people must be kept vigorous and well to be of value to the community. There is need for more information about how to attain this end.

Food and Nutrition

WHAT'S IN A COKE? (Consumers' Digest, Vol. 9, No. 6, pp. 35-38, June 1941.) This article says sugar-water flavoring, color, and caffeine are the essential ingredients of coca cola. It is a mild sweet stimulant. One research worker draws the conclusion that caffeine in coffee is of a lower degree of toxicity than chemically pure caffeine.

Food and Nutrition

THE SELECTION OF FOODS FOR BETWEEN-MEAL FEEDING IN INDUSTRY. Howard H. Haggard and Leon A. Greenberg. (Journal of the American Dietetic Association, Vol. 17, No. 8, pp. 753-758, October 1941.) The value of in-between-meal feeding to reduce fatigue is discussed. It is thought that a cause of fatigue may be due to the decrease in utilization of carbohydrate which occurs in late mornings and afternoons. This condition is relieved by taking food containing not less than approximately 30 grains of carbohydrates. The average individual finds it beneficial to eat between meals and some, mostly young persons, find it absolutely necessary. Many elderly persons can go long periods without food.

Food and Nutrition

DISCUSSION OF OPTIONAL INGREDIENTS IN BREAD: BREAD STANDARDS HEARING. Victor E. Marx. (Bakers' Helper, Vol. 76, No. 940, pp. 188-194, 211-219, 222-225, 235-237, 240-241, 246-247, August 2, 1941.) A report of Government hearings on bread standards and the optional ingredients in bread. The discussions included: Lecithin, molasses, corn sirup, brown sugar, dextrose, dough conditioners, sodium chloride, grain infusions, yeast, bromated flour, mold and rope preventatives, propionate salts, buttermilk, farinaceous materials, fluid milk, and milk solids.

Food and Nutrition

AN IMPROVED 9-DAY REDUCING DIET. Margaret Kingsley. (Good Housekeeping, Vol. 113, No. 2, pp. 30-31-33, August 1941.) A diet suggested for reducing planned to provide protein, milk, interesting flavors and variety. A pictorial chart shows foods to select for each meal.

Food and Nutrition

THE NATIONAL NUTRITION OUTLOOK. Helen S. Mitchell. (Journal of Home Economics, Vol. 33, No. 8, pp. 537-540, October 1941.) To improve nutrition, women must be able to cook appetizing and wholesome food. Also they must know how to conserve the nutritive values of foods. The author then outlines the present situation and organization in nutrition education.

Food and Nutrition

UNITED STATES STANDARDS FOR GRADES OF CANNED LEMON JUICE. (The Canner, Vol. 93, No. 13, Serial No. 2431, pp. 13-14, August 30, 1941.) The points on a score for color, absence of defects, and flavor are given, and methods of judging to determine each of these qualities are described.

United States Department of Agriculture
E X T E N S I O N S E R V I C E
Washington, D. C.

No. 500. December 10, 1941

TO HOME-ECONOMICS EXTENSION WORKERS:

Herewith are given references to certain books and home-economics literature that may be of interest to you. Before writing for further information about these references, please consult your librarian.

Sincerely,

Edith L. Allen

Edith L. Allen
Assistant Home Economist

Education — EDUCATIONAL PSYCHOLOGY. George Wilfried Hartman. (American Book Co., New York, 1941, pp. xiii + 552, diagrams 58.) A textbook for college students. The parts are: Psychological approach to educational problems; Improvement of the organism and its functions; and the adaptation of instruction to developmental levels. The last chapter deals with aspects of adult education.

Education — ESTABLISHING GOOD FOOD HABITS IN GIFTED CHILDREN. Bertlyn Bosley and Grace MacLeod. (Teachers College Record, Vol. 43, No. 1, pp. 57-70, October 1941.) Stresses the idea that the purpose of health teaching should be to present facts in such a way that they will function in the life of the individual. It reports a number of experiments in teaching food and nutrition to school children.

Education — HOME ECONOMICS DATE LINES IN CONSUMER EDUCATION. Benjamin R. Andrews. (Practical Home Economics, Vol. 19, No. 6, pp. 202-205, June 1941.) Outlines by dates the progress made in the United States since 1787 in the field of consumer education.

Education — OUTLINES FOR PARENT EDUCATION GROUP: DISCIPLINE. Institute of Child Study, Toronto University. (University of Toronto Press, Toronto, Canada, pp. iv+38, 1940?) An outline which raises questions and suggests alternative answers for the use of discussion groups on the subject of the discipline of children, in relation to witting and unwitting influences, such as physical environment, danger situations, relations among children to parents, and health in the home.

PEWTERCRAFT AS A HOBBY. Emanuele Stieri. (Harper & Handicraft Bros., New York, 1940, 110 pp., illus.) Part I of this book describes the tools used and processes of forming and decorating pewter objects. Part II tells how to make special articles, such as book ends, trays, a crumber set, a knocker, boxes and a lantern.

WOOD CARVING FOR PLEASURE. Western Pine Association, Handicraft Portland, Oreg. in collaboration with Herbert Rayner. (Wood Carver, 23 pp., (n.d.), illus.) Tells how to make wood carvings including a choice of tools, wood, and methods of working to get different effects.

THIS IS CROCHET. The eighth article in Our American Handicraft Needlework Series. (Woman's Day, pp. 21, 22, 24, illus., November 1941.) Tells why crochet is known as typical American lace. How this art was acquired is guesswork, but it probably was introduced from Ireland at the time so many Irish came to America, about 1846. The history of crochet lace since that date is given.

ARRANGEMENTS FROM THE ORIENT. Mrs. J. B. Terry. Handicraft (House & Garden, Vol. 80, No. 4, pp. 34-35, 92-93, illus., October 1941.) Rules for arranging western flowers.

FOOT-POWERED POTTERS WHEEL. Harold F. Stegmiller, Handicraft Robert E. Smith. (Industrial arts and Vocational Education, Vol. 30, No. 8, pp. 356-360, October 1941.) Diagrams and specifications show how to build a potter's wheel.

THIS IS QUILTING. (Woman's Day, pp. 19-23, October Handicraft 1941.) Describes quilt patterns and some of their historical backgrounds.

A LUSTROUS OIL FINISH: MATERIALS AND TOOLS NEEDED. Handicraft (Popular Mechanics Magazine, Vol. 76, No. 5, pp. 153-155, illus., November 1941.) Detailed directions are given for putting a finish that is similar to that on gunstocks on walnut, mahogany, and other hardwoods. Two tools are required - a buffing block and a buffing stick and brush. A blowtorch helps in steaming the wood, but is not essential. The supplies needed are raw and boiled linseed oil, rottenstone, paste filler, alkanet root, turpentine, and spar varnish. The steps are: sand, steam, sand lightly, coat of raw linseed oil and turpentine, coat paste filler, three coats boiled oil, then oil and drier, then rub with burlap, fub with buff stick and rottenstone. A polish formula is given.

Housing — BASEMENTS AND SAVINGS. Llewellyn Price. (Pencil Points, Vol. 22, No. 4, pp. 275-277, April 1941.) Explains how to save on the cost of basements.

Housing — "YOUR HOME IS BEING LOADED THIS MORNING..." (The American Home, Vol. 26, No. 4, pp. 18-19, September 1941.) Describes a factory-built low-cost house delivered by truck to those purchasing it.

Housing — AXIOMS. (House Beautiful, Vol. 83, No. 9, p. 34, September 1941.) Some of the advice given is to list what you want your house to do and be and have. Get the best technical help, style your house simply, get bids on complete plans and specifications to avoid extras, budget accurately, select quality materials, choose modern efficient equipment, and landscape the grounds.

Housing — THE SMOKING FIREPLACE MYSTERY. Olin Scurlock. (House Beautiful, Vol. 83, No. 10, pp. 122, October 1941.) Explains why some fireplaces smoke because of partial vacuums created by the wind blowing around the house and thus pulling air down a chimney, through rooms, and out a window on the side where the partial vacuum was.

Housing — HOUSING AND REGIONAL PLANNING. Herman Kobbe. (E. P. Dutton & Co., Inc., 1941, 233 pp.) Deals with planning housing divisions in urban areas.

Housing — AMERICA'S HOUSING NEED. W. C. Bober. (American Builder, Vol. 63, No. 10, pp. 62-64, 148-150, October 1941.) Due to our present population trends, the number of persons in the best "home-buying ages" which are between 25 6o 44 years, is mounting rapidly. The family is becoming smaller so for this reason, also, more housing units are needed though the flow of people from farms to towns has been resumed and results in a need for more town homes. There is also a greater demand for replacement of old houses with new.

Housing — HOMES OR HOUSING. (American Building, Vol. 63, No. 10, pp. 68-69, October 1941.) The reasons why privately owned homes are most desirable are listed, also the reasons why publicly financed and owned housing should be kept at a minimum. Some of these latter are: Discourages private initiative and enterprise; eliminates incentive to ownership; reduces local taxes; increases population congestion; encourages isms other than Americanism; creates subsidized renting class; costs are higher.

Food and Nutrition

THE TABLE GRACES: SETTING, SERVICE, AND MANNERS. Beth Bailey McLean. (Manual Arts Press, Peoria, Ill., 64 pp., paper, 1941.) A reprint of a book first published in 1924. It gives instructions for table setting and serving.

Food and Nutrition

QUANTITY FOOD SERVICE RECIPES. Compiled by Administration Section of the American Dietetic Association under the direction of Adeline Wood, chairman. Cartoons by Jean McConnell. (J. B. Lippincott Co., Philadelphia, Pa., pp. xi-443.) A cookbook for those preparing food in large quantities.

Food and Nutrition

MERRY MIXER COOK BOOK. Helen Robertson. (Frederick A. Stokes Co., New York, 1941, pp. viii+628.) A cookbook intended for vegetarians, the author says.

Food and Nutrition

CANNED FOOD REFERENCE MANUAL. (American Can Co., 250 Park Avenue, New York, 242 pp., 1939.) Discusses canning technology, canned food in human nutrition. Public health aspects of canned food and the Federal Food, Drug, and Cosmetic Act. Many tables relating to the composition of canned foods are included.

Food and Nutrition

CHANGING FOODWAYS FOR DEFENSE. Richard Osborn Cummings. (What's New in Home Economics, Vol. 6, No. 2, pp. 17, 56, October 1941.) A prediction of the effects that the efforts to attain the goals of the National Nutrition Conference for Defense will have on the "food ways" of the Nation. Also discusses the effects of previous wars on food habits.

Food and Nutrition

NUTRITION KNOWLEDGE AND CHANGING FOOD HABITS. Catherine March. (Forecast, Vol. 57, No. 7, p. 24, September 1941.) A report of a study made to determine the effectiveness of different methods used in teaching nutrition. Some discussions reached are that nutrition can be taught to a group eating in a cafeteria, and personal contacts are important in such a program. Displays of balanced meals are excellent teaching devices and cartoons, drawings, and charts are of more interest than printed material.

Food and Nutrition

THE EFFECT OF STORAGE ON THE PROTEIN OF WHEAT, WHITE FLOUR AND WHOLE WHEAT FLOUR. D. Breese Jones and Charles E. F. Gersdorff. (Cereal Chemistry, Vol. 18, No. 4, pp. 417-434, July 1941.) Studies on storage of white flour, whole wheat flour, and wheat kernel show that several changes take place, including a decrease in the solubility of the proteins, a partial breakdown of the proteins, and a decrease in digestibility. The extent of the changes depends on whether the flours are kept in a high or low temperature, or in bags or sealed jars. White flour generally changed more than whole-wheat flour. The change is not so great in whole seed as in the milled products.

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

No. 501. December 17, 1941

TO HOME-ECONOMICS EXTENSION WORKERS:

Herewith are given references to certain books and home-economics literature that may be of interest to you. Before writing for further information about these references, please consult your librarian.

Sincerely,

Edith L. Allen
Assistant Home Economist

Child Care — CHILDREN ARE PEOPLE. Emily Post. (Funk and Wagnalls Co., New York, 1940, xii-383 pp.) Some of the chapter headings in the book are: Your child and you together; Speech, the true evidence of cultivation; Responsibility to possessions; Everyday manners at home; Along the road of comradeship; The beauty of truth; The kindness of tact; Obedience and self-control; Encourage them, whatever you do; The stepchild and the adopted child; Girls and boys out in public; The effect of clothes on manners; Attributes of character; Shyness, stubbornness, and other traits; Problems of unhampered freedom; Personality, popularity, and charm; The permanent influence of home.

Child Care — CHILDREN'S READING INTERESTS. Robert L. Thorndike. (Bureau of Publications Teachers College, Columbia University, New York, 1941, 48 pp.) A report of a study of children's choices in reading material. Some points considered are Whether or not reading choice is correlated with chronological development and to what extent it is dependent upon mental development; also, is there a real shortage of material for the older child whose reading ability is retarded but whose interests presumably are not? The method of study is outlined.

Child Care — RECENT ADVANCES IN INFANT FEEDING. Lillian B. Storms. (Journal of the American Dietetic Association, Vol. 17, No. 9, pp. 861-871, November 1941.) Discusses the dietary requirements of infants; teeth as an index of nutrition.

Child Care — A PLACE OF OUR OWN. Gertrude Laws. (National Parent-Teacher, Vol. 34, No. 3, 40 pp., November 1941.) Suggests the provision of a place for each child to keep its own things as a means of overcoming quarreling. It suggests the types of places that may be provided.

Textiles and Clothing

HOW TO SEW. Nina R. Jordan. (Harcourt, Brace and Co., New York, 1941, 237 pp.) An elementary textbook for the young seamstress.

Textiles and Clothing

TEXTILE FINISHING IN WAR-TIME. R. J. Smith. (Journal of the Textile Institute, Vol. 32, No. 7, pp. p69-p77, July 1941.) Discusses the finish and types of materials needed for covering windows in black-outs, based on experience with fabrics in England. A satisfactory material should be opaque, flexible, nonflaking, noncracking, should not rust, and should be spongeable.

Textiles and Clothing

DRESSING FLOUR WITH SILK. W. Floyd Keepers. (Food Facts, Vol. 11, No. 2, p. 1, November 1941.) Points out the need for silk for bolting cloth for use in sifting flour, and the effect of a shortage on our food supply. Nylon threads do not "stay put" so the holes in cloth made from this fiber become uneven and unsuited to sifting flour. Much silk must be set aside for flour mills.

Textiles and Clothing

SELLING CORSETS BY CORRECT MEASUREMENT. (Fairchild Retail Selling Division. (Women's Wear Daily, Vol. 63, No. 42, pp. 1-40, August 28, 1941, Section 2.) With illustrations, this manual shows the seven basic types of women's figures and explains the differences in fitting garments for them. It explains the muscular formation of the human body and what precautions should be taken in the fitting of clothing. Though intended for saleswomen, many points are mentioned that are interesting to clothing specialists.

Textiles and Clothing

A REVIEW OF THE SILK SITUATION. (Cotton, Vol. 105, No. 9, pp. 119-122, September 1941.) Discusses problems of the manufacturers of full-fashined hosiery in changing over from the making of silk to cotton or rayon hosiery. The efforts of manufacturers seem to be in the direction of supplying American women with approximately the same amount of hosiery as when it was manufactured from silk. Owners of fine-gauge knitting machines believe that nylon represents the only satisfactory substitute for silk.

Textiles and Clothing

FLAME PROOFING INDUSTRIAL TEXTILES. (American Wool and Cotton Reporter, Vol. 55, No. 40, pp. 9-10, October 2, 1941.) Discusses the market for flameproofed fabrics, saying that the cost of flameproofing is comparatively high and thus makes treated fabric difficult to sell in comparison with untreated. At present the demand for treated fabric is small. Increased use of cut rayon fiber may increase the demand for fireproofing, as fabrics from such fiber are more inflammable than similar fabrics made of cotton. Wool fabrics are decidely fire retardent.

Management

INSTALLMENT SELLING --- PROS AND CONS. William Trufant Foster. (Public Affairs Pamphlets No. 61, 34 pp., illus., 1941, Public Affairs Committee, Inc., 30 Rockefeller Plaza, New York.) The content of this pamphlet is based on recent consumer credit studies, including installment selling, the abuses of this sales device, dangers in contracts, how the buyer needs protection, charges for credit, the need of a clear method of stating charges, and what to beware of in buying on installments.

Management

TRENDS IN FAMILY CONSUMPTION OF TEXTILES. A. F. Hinrichs, (Textile Bulletin, Vol. 61, No. 4, pp. 20-22, 41, 58, October 15, 1941.) A paper based on a study of trends in family consumption of textiles which is a part of a larger study of underlying economic and social trends being conducted by The Bureau of Labor Statistics. It outlines the economic situation of workers in the World War period as compared with 1932 and in 1934-36. In the last period, families with incomes of $1,200 to $1,500 were spending on an average $30 a year more than their incomes when their earnings and prices were practically the same. However, clothing expenditures were lower during this time. Food expenditures also decreased, but the quality of the diet improved. Housing expenditures increased sharply. The quantity of clothing purchased was much less. Increased heating of homes was one cause, and the other reason was the wearing of lighter clothing. In this period, however, silk stockings have taken a larger share of the clothing budget than before. The stake that the clothing industry has in an increase or decrease of the average income is explained.

Management

YOU CAN STILL BUY OR BORROW ON THE TIME PAYMENT PLAN. Albert Haring. (The Family Dollar, A Journal of Consumer Economics, Consumer Credit Institute of America, Inc., 233 Broadway, New York, Vol. 11, No. 8, pp. 18-21, October 1941.) Explains how people can still buy or borrow on time payment plans, and the down payments and monthly payments required. It also cites some exceptions.

Management

MORE NEWS FROM THE LABELING FRONT. Janice Martin. (The Family Dollar, Vol. 11, No. 8, pp. 6-9, October 1941.) Discusses buying on individual judgment, on faith, by grade label, and by informative label. It points out the fact that the grade standards are so imperfectly established and so difficult of precise application that they are still inadequate which means that much still has to be done in this field and that shopping can never become purely automatic.

Management

WARTIME CHANGES IN THE COST OF LIVING. Charles E. Noyes, (Editorial Research Reports, 1013 Thirteenth Street, N.W., Washington, D. C., Vol. 1, No. 16, pp. 291-306, April 29, 1941.) Tells of changes in the cost of living since August 1939, cost of living and real wages in the World War, price increases during the present emergency, and measures to prevent general price inflation.

Food and Nutrition

THE UPS AND DOWNS OF BROTHER RAT. (Wisconsin Alumni Research Foundation, Madison, Wis., no date, 7 pp.) Bulletin explaining how to conduct a rat-feeding demonstration to prove the value of an adequate diet.

Food and Nutrition

SUGGESTED STANDARDS FOR CHOCOLATE MILK DRINKS. W. S. Mueller. (Reprint from Milk Plant Monthly, Vol. 29, No. 3, March 1940, 3 pp., November 1, 1941.) Lists the factors to be considered in judging chocolate milk drinks, and discusses each.

Food and Nutrition

MILK AS A FOOD THROUGHOUT LIFE. (Reprint of Bulletin 447, Agr. Expt. Sta., Univ. of Wisc., Wisconsin Alumna Research Foundation, 38 pp., 1941.) A booklet discussing the value of milk in the diet and its composition. There is a brief statement regarding the value of butter, cheese, and ice cream.

Food and Nutrition

DISTRIBUTION OF FOOD: GRADING, LABELING, AND PRICING. T. P. Cauley. (Journal of the American Dietetic Association, Vol. 17, No. 9, pp. 878-881, November 1941.) Discusses elements of grading, labeling, price trends, and efficiency in the distribution of foods. Three ways in which prices may be increased are per-unit price, reduction of size and quantity of the unit sold at the same price, and by a reduction in the quality of products.

Food and Nutrition

EDUCATION IN FOOD LABELING. Alice L. Edwards. (School Life, Vol. 27, No. 1, pp. 15-17, October 1941.) Outlines some things for schools to teach about food labeling.

Food and Nutrition

EGG STANDARDS PROPOSED BY GOVERNMENT. Albert W. Grey. (American Poultry Journal, Vol. 72, No. 10, pp. 5, 13-14, October 1941.) Outline of proposed egg standards set up by the United States Government.

Food and Nutrition

THE PRODUCTION OF HIGH VITAMIN-A MILK BY DIET. Harry J. Deuel, Nellie Halliday, Lois F. Hallman, Cornelia Johnston, and Albert J. Miller. (The Journal of Nutrition, Vol. 22, No. 3, pp. 303-313, September 10, 1941.) A report of experiments conducted on the production of high vitamin-A milk by means of the diet of the cow. These experiments showed a lack of correlation between the vitamin-A content and the color of the milk.

Food and Nutrition

A NUTRITION PROGRAM. Carmen McFarland. (The Woman's Press, 600 Lexington Ave., N. Y., pp. 468-476, November 1941.) Outlines methods of building a practical program for the YWCA to cover a longtime period of years.

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

No. 502. December 24, 1941.

TO HOME-ECONOMICS EXTENSION WORKERS:

Herewith are given references to certain books and home economics literature that may be of interest to you. Before writing for further information about these references, please consult your librarian.

I wish you a Merry Christmas and a Happy New Year.

Sincerely yours,

Edith L. Allen

Edith L. Allen
Assistant Home Economist

Child Care

THE CHILD. Mrs. Florence Brown Sherbon. (McGraw-Hill Book Co., Inc., N. Y., 1941, pp. xx+775.) A college text treating of child development and care. Some chapter headings are: Before the child: marriage and parenthood; The evolution of reproduction; Food and nutrition; The anatomy of reproduction; The hygiene of pregnancy; Preparation for the birth of the child; The neonatal month; The baby's first year: feeding care; The baby's first year; Behavior and training; Feeding the runabout child; The 2-year old; The 5-year old; Culture and art in the young child's life; Religious, moral and aesthetic training; The hygiene of childhood; Growth; Posture; Sleep; The head; and The sick child.

Child Care

YOUR CHILD MEETS THE WORLD OUTSIDE. Elizabeth F. Boettiger. (D. Appleton-Century Co., Inc., N. Y., 1941, pp. xvi+179.) Some chapter headings in this book are: Possible attitudes toward the natural world; Helping children understand their natural environment; Helping children order their natural environment; Attitudes toward the world of the machine; A child's use of machinery and its products; A child's use of the propaganda products of machinery: radio, press, and motion-picture; Our attitudes towards other people: the roots of intolerance; A child's attitude toward the people who are "different"; Helping children explore community functioning; Helping children take part in community living. This is a guide for parents.

Child Care

FOOD HABITS OF CHILDREN. Martha Koehne. (The Ohio Farmer, Vol. 188, No. 8, pp. 21, October 18, 1941.) Stresses the fact that in developing the food habits of the child, the parents often do not recognize that eating a varied diet is a learning process. Children also have to learn to eat according to modern ideas of society; some food habits have an unfavorable influence on appetite.

Equipment

FOOD PREPARATION CENTERS. M. L. Wilson. (School Life, Federal Security Agency, United States Office of Education, Washington, D. C., Vol. 27, No. 2, p. 55, November 1941.) An item telling of what the Rural Electrification Administration is doing in cooperation with other Government agencies in equipping food preparation centers in rural schools. Here will be installed small mills for grinding whole grain foods, for dehydrating fruits and vegetables and for other food processing.

Equipment

"BARGAIN" FURNITURE. Ruth Scott. (Better Homes & Gardens, Vol. 20, No. 1, pp. 16, 74, 75, September 1941.) How to judge this quality of furniture is explained.

Equipment

SOME TIME TO TURN ON THE HEAT! W. B. Cooper. (The American Home, Vol. 24, No. 4, pp. 82-83, September 1941.) A discussion of furnaces, stokers, and other heating equipment. A list of 11 questions to ask yourself when you start up the furnace in the fall.

Equipment

MANUAL OF ELECTRIC COOKERY. Eleanor Howe. (National Electric Manufacturers Association, New York City, 1941, 16 pp., paper.) Explains how electricity provides heat for cooking, how it is measured, electric heating units, things to look for in buying a stove, where to locate it in the kitchen, and how to manage when cooking with electricity.

Equipment

FOR BETTER SLEEP - - GOOD SPRINGS AND MATTRESSES. (Consumers' Digest, Vol. 9, No. 6, pp. 44-48, June 1941.) Compares the construction and comfort of bed springs of different types; the various types of mattresses.

Equipment

HANDBOOK ON HOME DECORATION. Walter Rendell Storey, and Helen Anderson Storey. (Bridgman Publishers, Inc., Pelham, New York, 1941, 208 pp., illus.) This book is intended for homemakers. The chapters include: Selecting the furniture; Order and beauty in room arrangement; Gayety and charm through color; Walls both flattering and friendly; Beauty under foot; How to choose your fabrics; How a room becomes livable; decorative accessories; You can make them yourself: curtains, slip covers, bedspreads; How to furnish a home on practically nothing; When the whole family helps: doing over walls and floors; Dramatizing the past-period styles; Adventuring in the present: the modern.

Equipment

AIR CONDITIONING IN SUMMER AND WINTER. Richard E. Holmes. (McGraw-Hill Book Co., Inc., New York, 1938, xii+296 pp.) Chapter headings are: Requirements for comfort; Air-conditioning systems, heaters, humidifiers, air filters; Introduction to refrigeration principles, summer air-conditioning load, application of summer air-conditioning equipment, and temperature and humidity controls. Written for engineers and students with at least a high school education.

Textiles and Clothing — MICROSCOPIC STRUCTURE OF THE WOOL FIBER. Charles W. Hock, Robert C. Ramsay and Milton Harris. (Textile Research, Vol. 11, No. 10, pp. 415-428, illus., August 1941.) A report of research on the microscopic structure of wool fiber including the root, scale, cells, and snaft.

Textiles and Clothing — REBORN IN LATIN-AMERICAN LUXURIANCE. (Women's Wear Daily, Vol. 63, No. 96, p. 7, illus., November 13, 1941.) A page of illustrations showing features of costumes from different regions of Latin-American countries.

Textiles and Clothing — CLEANING OF CLOTHING. (What's New in Home Economics, Vol. 6, No. 3, pp. 18, 19, 59, 60, November 1941.) Tells how the dry cleaner cleans clothing of different materials and by different methods.

Textiles and Clothing — THE HIP-HEIGHT STANDARD FOR CHILDREN'S CLOTHES. Elizabeth Baker. (Forecast, Vol. 57, No. 8, pp. 24-25, 76-77, October 1941.) Tells how certain measurements of children were taken in the clothing survey begun in 1937 and how these measurements are being used as standards.

Textiles and Clothing — SELLING HOSIERY. (Women's Wear Daily, Section 2, Vol. 63, No. 87, 28 pp., illus., October 31, 1941.) This entire section of the paper is given over to hosiery and the following topics are discussed: Your customer's wants; Silk; Nylon; Cotton; Wool; Rayon; Construction; Sizes; Types and Care.

Textiles and Clothing — MADE TO MEASURE STANDARDIZATION STEPS INTO THE GARMENT FIELD. Rosanne Amberson. (The Family Dollar, Vol. 11, No. 8, pp. 14-17, October 1941. Consumer Credit Institute of America, Inc., 233 Broadway, New York City.) A report of the work on checking the measurements of 147,088 boys and girls from 4 to 17 years of age and how it is contributing to the elimination of waste in the garment industry.

Textiles and Clothing — HERE'S ONE WAY TO KEEP THE BOYS DOWN ON THE FARM. (Women's Wear Daily, Vol. 63, No. 89, November 4, 1941.) Improving girls' costumes to make them as appealing as her city cousin's was the object of a style revue held in Lynchburg, Virginia. The item says the merchants are of the opinion that this resulted in a distinct improvement in types of clothes selected by rural customers.

Food and Nutrition

STRONG BODIES AND ALERT MINDS. John W. Studebaker. (School Life, Federal Security Agency, United States Office of Education, Washington, D. C., Vol. 27, No. 2, p. 33, November 1941.) It says 9,000,000 school children are not getting an adequate diet for health and well-being according to the Surgeon General of the United States. Discusses what the schools can do about food and defense, which is feed them and teach them to know nourishing foods. Also teach them about preparing and handling foods.

Food and Nutrition

DIETARY HEALING OF DENTAL CARIES. (The Journal of the American Medical Association, Vol. 117, No. 13, pp. 1099-1100, September 27, 1941.) An editorial discussion of research on feeding rats to prevent the development and to cause the healing of dental caries. The physical properties of the grain fed, such as coarseness, tend to produce caries; finer grinding to aid in healing.

Food and Nutrition

THE NATIONAL DIET. Grace MacLeod. (Teachers College Record, Vol. 43, No. 1, pp. 11-13, October 1941.) This article stresses the point that adequate feeding of the individual citizen is fundamental to defense. It also indicates the amount of each type of food material needed.

Food and Nutrition

CONSUMER EDUCATION IN THE SCHOOLS. Herbert A. Tonne. (Prentice-Hall, Inc., New York, 1941, pp. xxii+365.) A text for use in training teachers.

Food and Nutrition

APPRAISAL OF NUTRITIONAL STATUS. Frank G. Boudreau. (American Journal of Public Health and The Nation's Health, Vol. 31, No. 10, pp. 1061-1062, October 1941.) The author says that due to shortcomings of the older methods of appraisal by means of clinical examinations and physical measurements we are not yet able to describe the exact size, nature and distribution of the nutrition problems in this country. It describes other methods being tried.

Food and Nutrition

HELP MAKE AMERICA STRONG. Isabel N. Young. (American Can Company, 230 Park Avenue, N. Y., 19 pp., illus.) Tells what the Government recommends for good nutrition and a well balanced diet.

Food and Nutrition

VITAMIN "NUTS". L. G. Brownell. (Pacific Rural Press, Vol. 142, No. 6, pp. 172-173, September 20, 1941.) Suggests forgetting the subject of diet and adopting the idea of good food habits since it requires years to build permanent teeth. It then discusses the essential food elements for building good teeth.

United States Department of Agriculture
E X T E N S I O N S E R V I C E
Washington, D. C.

No. 503

December 31, 1941

TO HOME-ECONOMICS EXTENSION WORKERS:

Herewith are given references to certain books and home economics literature that may be of interest to you. Before writing for further information about these references, please consult your librarian.

Sincerely yours,

Edith L. Allen

Edith L. Allen
Assistant Home Economist

Social — HOT WEATHER DOINGS. Ella Gardner. (Southern Agriculturist, Vol. 71, No. 9, pp. 17, September 1941.) Directions for games requiring little physical effort and a few suggestions for leading them.

Social — REVIVING THE OLD COMMUNITY SPIRIT. (Kansas Farmer, Vol. 78, No. 20, pp. 3, 9, October 4, 1941.) Explains how community spirit was revived in a Kansas county through the efforts of farm women's organizations.

Social — SOME POPULATION SHIFTS IN THE UNITED STATES 1930-1940. J. M. Gillette. (American Sociological Review, Vol. 6, No. 5, pp. 619-628, October 1941.) Calls attention to the population shifts that took place between 1920 and 1930, which differ from the trends in earlier censuses, and the changes in shifts which have taken place between 1930 and 1940. It analyzes the causes of these shifts and their significance to the Nation.

Social — NUTRITION DEFENSE COMMITTEES. Helen S. Mitchell. (United States Department of Labor Children's Bureau, Washington, D. C. The Child, Vol. 6, No. 3, pp. 70-72, September 1941.) Explains the functions, membership, and interrelationships of nutrition for defense committees. It mentions some of the work being done.

Child Care

THE EFFECT OF FORTIFYING THE INFANT'S DIET WITH A CEREAL ENRICHED BY IRON, CALCIUM, AND VITAMIN B. Maurice L. Blatt, Ellis Harris, Howard Jacobs, and Mary Zeldes. (Archives of Pediatrics, Vol. 58, No. 11, pp. 694-705, November 1941.) Report of research made for the cereal corporation relating to enriched farina. It was found that the incidence of diarrhea among the very young babies was less among those fed the enriched farina than among those fed the regular farina. The increase in weight was greater when the enriched cereal was used. Iron, calcium, phosphorus, and wheat germ were used in enriching the farina.

Child Care

WAR CONDITIONS AND THE MENTAL HEALTH OF THE CHILD. (Medical Record, Vol. 154, No. 10, pp. 372, November 19, 1941.) This study of children in war areas showed the extraordinary toughness of the child and his flexibility in adapting to potentially dangerous situations.

Child Care

CHRISTMAS GIFTS FOR CHILDREN. Marion L. Faegre. (National Parent-Teacher, Vol. 36, No. 4, pp. 14, December 1941.) Some directions for the selection of toys for children are given in this article. Toys for children should be selected with an eye to the variety of uses to which they may be put.

Child Care

TRAIN UP A CHILD. Ralph Sadler Meadowcroft. (Woman's Home Companion, Vol. 68, No. 12, pp. 86, December 1941.) Explains how to inform a child regarding adult standards for truth and falsehood. Other problems of moral training are considered.

Child Care

WHOSE HOME IS THIS? C. Madeleine Dixon. (National Parent-Teacher, Vol. 36, No. 4, pp. 15-18, December 1941.) Making a child feel responsibility for and ownership in his home is the theme of this article. Having the small child work along with his mother who asks him to notice her accomplishments and who admires his, is one means to this end. The child also has a right to get used to several grown-ups and their distinctive ways of doing things and to honest dealing. A home should have rules that are observed and children should share in conversation with adults.

Child Care

PARENTS ARE TEACHERS. Edgar Dale. (National Parent-Teacher, Vol. 36, No. 3, pp. 23-25, November 1941.) Stresses the importance of parents as educators of their children largely through the answering of the child's many questions about things experienced or seen in the home and on outings. Though teachers generally estimate that the child entering first grade has a vocabulary of about 250 to 750 words, the author asserts they actually have one of between 2,000 to 2,500 words.

Textiles and Clothing — GIRTH CONTROL. Fred W. Norris. (Hygeia, Vol. 19, No. 10, pp. 778-880, 849-850, October 1941.) Points out the inefficacy of girdles as reducing devices. Regulatory court actions have been taken continuously against the false presentation of girdles as reducing devices during sales, but new companies selling essentially the same garment with similar reducing claims continue to spring up. Massaging devices are also in the same class.

Textiles and Clothing — "ALL-OUT LABELING EFFORT NEEDED." F. S. Blanchard. (Women's Wear Daily, Vol. 63, No. 109, pp. 24, December 3, 1941.) Discusses the question of informative labels on textiles. It gives four conditions essential to the adoption of such labels: (1) There must be accepted standards for qualities; (2) There must be accepted terminology; (3) Means must be adopted by voluntary or governmental action to make sure that misleading terms are not used, and (4) Means must be found for educating the public.

Textiles and Clothing — A SPOOL OF THREAD. M. Antoinette Falcone. (Good Housekeeping, Vol. 113, No. 3, pp. 129, September 1941.) Discusses thread of different fibers and for different purposes. Among the kinds of thread described is Nylon which is now available on the market. This thread is somewhat more elastic than silk thread, and because of this quality the tension on the machine should be properly adjusted when Nylon is used. It is suited to bias and other seams where strength is of major importance.

Textiles and Clothing — TEXTILE FABRICS IN RELATION TO DRYCLEANING. Pauline Beery Mack, Charles R. Phillips, and Frank A Weller. (Home Economics Research Series Pub. No. 4, Department of Chemistry, Pa. St. Coll., State College, Pa., 83 pp. June 1940.) This bulletin, intended for the laundry industry, contains many suggestions that may be useful to homemakers. It treats of different methods of drycleaning, spotting, and wet drycleaning. It discusses the treatment of different types of fibers, weaves, and the effects of drycleaning on dyes and finishes. An analysis is given of articles damaged during drycleaning.

Textiles and Clothing — IF YOU WANT TO BE SUPPORTED FOR LIFE. (Vogue, Vol. 68, No. 7, pp. 67, 127, October 1, 1941.) Advice on the selection and care of shoes and the stocking to be worn with them.

Textiles and Clothing — WEARING COTTON HOSE WON'T BE A CALAMITY. Ruth Goodall. (Kansas Farmer, Vol. 78, No. 17, pp. 8-9, August 28, 1941.) The newer designs of cotton hosiery and their wearing qualities are discussed.

Food and Nutrition

THE WAY TO GET PLENTY OF VITAMINS. (The Pacific Rural Press, Vol. 142, No. 8, p. 249, October 1941.) A report of a meeting of 400 scientists held recently in Chicago. Though the symposium dealt mostly with highly technical laboratory discoveries, the importance of plenty of vitamins and a well-balanced diet of fresh vegetables, meat, fruit, whole grains, eggs, and milk was reiterated many times. A summary of this meeting says natural foods provide a harmonious combination of vitamins.

Food and Nutrition

IF HONEY GRANULATES. (Washington Farmer, Vol. 64, No. 19, p. 16, September 1941.) To prevent granulation, honey should be kept in a warm dry place. If it granulates, it should be kept in hot water long enough to restore its former liquid condition. On a shelf directly over the reservoir of the stove is a good place to store honey. Honey sours if kept in a damp place.

Food and Nutrition

VISION AND VITAMIN A. (Science, New Series Vol. 94, No. 2443, pp. 15-16, September 24, 1941.) Brief report of tests on students which showed that a diet deficient in vitamin A for just one day may result in enough night blindness to increase a person's accident-hazard in night driving. The difference in the two groups in recovery from glare was 4.76 seconds, which is enough to be significant.

Food and Nutrition

PEERING AT POULTRY. Mrs. Katherine Zook. (What's New in Home Economics, Vol. 6, No. 3, pp. 15, 68, 70, 72-73, November 1941.) The author gives three don'ts for roasting poultry: do not cover; do not sear; do not baste. Uses for left-overs are given. A table indicates how to choose, prepare, and cook different kinds of poultry.

Food and Nutrition

VITAMIN B. (Medical Record, Vol. 154, No. 9, pp. 324, November 5, 1941.) An editorial comment which says in part that vitamin B_1 is necessary for oxidation of carbohydrate and for its conversion to fat. The vitamin B complex is intimate, and its values are not yet fully understood, but it is known that it is of the utmost value to human beings.

Food and Nutrition

QUARTERLY CANNED FOODS STOCK REPORT. U. S. Department of Commerce. (Fruit Products Journal, Vol. 21, No. 3, p. 67, November 1941.) A brief digest of data put out by the United States Department of Commerce on canned fruit stocks. It says that the stocks of canned peaches and pears were larger on October 1941 than the year earlier. Canned tomatoes in distributors' hands increased 6 percent.